



10-Day COVID-19 Health Log

Throughout the 10 days prior to your Amor trip, all participants are required to complete a 10-day COVID-19 Health Log. If you answer “yes” to any of these questions, please notify your group leader and consult your doctor for trip clearance.

Question	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Do you have a fever (100.4 or greater)? (Y/N)										
Do you have a new or worsening cough today? (Y/N)										
Do you have any of these other symptoms? (Y/N)										
Shortness of breath or difficulty breathing										
Fatigue										
Muscle or body aches										
Headache										
New loss of taste or smell										
Sore throat										
Congestion or runny nose										
Nausea or vomiting										
Diarrhea										

Before Your Trip—Negative COVID-19 Test Result

Along with this 10-Day COVID-19 Health Log, you are also required to **provide proof of a negative COVID-19 test within 5 days of your trip start date.**

This must be verified by your group leader.

If you are coming on an Amor 3 Day Trip or Family Camp, this log and your negative test result must be submitted to Amor.

Your Name: _____