

1st Quarter Physical Activity Log (July 1 - September 30, 2025)

Directions: Complete log with name, department and contact information. For each day you do any moderate to intense physical activity document the exercise and the duration of the activity (time) in minutes - please see the example, you do not need to type the word minutes and all totals are calculated for you.

To receive credit you must accumulate 1200 minutes this quarter.

Submit via interoffice mail to Jenifer Pressley, Recreation Center

Due Date: 1st Quarter Activity Log is due by **October 6, 2025**

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	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Weekly
Example Week	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Totals
July 1 - 5	Walk	60							Zumba	60					120
July 6 - 12			Mow Lawn	90	Weights	30	Walk	30			Walk	30			180
July 13 - 19	Walk	30	Walk	30	Run	45	Walk	30	Zumba	60	Walk	60	Canoe	150	405
July 20 - 26	Aerobics	60	Walk	30			Walk	30	Swim	30					150
July 27 - Aug 2	Zumba	60	Mow Lawn	90			Walk	30	Zumba	60	Walk	45	Walk	60	345
Grand Total															1200

Physical Activity by Week	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Weekly Totals in Minutes
	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	
July 1 - 5															
July 6 - 12															
July 13 - 19															
July 20 - 26															
July 27 - Aug 2															
Aug 3 - 9															
Aug 10 - 16															
Aug 17 - 23															
Aug 24 - 30															
Aug 31 - Sep 6															
Sep 7 - 13															
Sep 14 - 20															
Sep 21 - 27															
Sep 28 - 30															
Quarter Total															
Quarter Minimum Goal															1200