

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.

Email:

	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
Oct 1 - 4	Walk	60							Zumba	60					120
Oct 5 - 11			Mow Lawn	90	Weights	30	Walk	30			Walk	30			180
Oct 12 - 18	Walk	30	Walk	30	Run	45	Walk	30	Zumba	60	Walk	60	Swim	150	405
Oct 19 - 25	Aerobics	60	Walk	30			Walk	30	Swim	30					150
Oct 26 - Nov 1	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	
Oct 1 - 4															
Oct 5 - 11															
Oct 12 - 18															
Oct 19 - 25															
Oct 26 - Nov 1															
Nov 2 - 8															
Nov 9 - 15															
Nov 16 - 22															
Nov 23 - 29															
Nov 30 - Dec 6															
Dec 7 - 13															
Dec 14 - 20															
Dec 21 - 27															
Dec 28 - 31															
Quarter Total															
Quarter Minimum Goal															1200