2nd Quarter Physical Activity Log (October 1 - December 31, 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.

<u>Submit</u> via interoffice mail to Jenifer Pressley, Recreation Center

Name: Phone #:	Dept: 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													d Total	1200	

Physical Activity	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Weekly Totals in
by Week	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Minutes
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

Due Date: 2nd Quarter Activity Log is due by January 9, 2026