

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.

Due Date: 3rd Quarter Activity Log is due by **June 8, 2026.**

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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	
Apr 1 - 4															
Apr 5 - 11															
Apr 12 - 18															
Apr 19 - 25															
Apr 26 - May 2															
May 3 - 9															
May 10 - 16															
May 17 - 23															
May 24 - 30															
May 31															
Quarter Total															
Quarter Minimum Goal														800	