4th Quarter Physical Activity Log (April 1 - May 31, 2026)

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 **800** minutes this quarter.

Submit via interoffice mail to Jenifer Pressley, Recreation Center

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

Name: Dept: Email: Phone #: Weekly Monday Tuesday Wednesday Thursday Sunday Friday Saturday Totals in Example Week Activity Time Minutes Apr 1 - 4 60 Walk Zumba 60 120 Apr 5 - 11 90 30 180 Mow Lawn Weights 30 Walk Walk 30 Apr 12 - 18 Walk 30 Walk 30 Run 45 Walk 30 Zumba 60 Walk 60 150 405 Canoe Apr 19 - 25 Aerobics 60 Walk 30 Walk 30 Swim 30 150 Apr 26 - May 2 Zumba 60 Mow Lawn 90 Walk 30 Zumba 60 Walk 45 Walk 60 345 **Grand Total** 800 Wednesday Thursday Weekly Sunday Monday Tuesday Friday Saturday **Physical Activity** Totals in Time Minutes by Week Activity Time Activity Time Activity Time Activity Time Activity Time Activity Time Activity 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