

1st Quarter Physical Activity Log (July 1 - September 30, 2022)

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 10, 2022.

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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 1-2	Walk	60							Run	30			Dance	60	150
July 3 -9			Mow Lawn	90			Walk	30			Walk	30			150
July 10-16			Walk	30	Run	30	Walk	30	Zumba	60	Walk	30	Canoe	150	330
July 17-23			Walk	30			Walk	30							60
July 24-30	Zumba	60	Mow Lawn	90	Zumba	60	Walk	30	Zumba	60	Walk	30	Zumba	60	390
July 31-Aug 6	Aerobics	60			Weights	30			Swim	30					120
Grand Total															1200

Your Physical Activity by Week	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Weekly
	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Totals
	July 1-2														
	July 3-9														
	July 10-16														
	July 17-23														
	July 24-30														
	July 31-Aug 6														
	Aug 7-13														
	Aug 14-20														
Aug 21-27															
Aug 28-Sept 3															
Sept 4-10															
Sept 11-17															
Sept 18-24															
Sept 25-30															
Quarter Total															
Quarter Minimum Goal															1200