

3rd Quarter Physical Activity Log (January 1 - March 31, 2023)

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: 3rd Quarter Activity Log is due by April 11, 2023.

Name: Dept: Email:
 Phone #:

Example Week	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Weekly Totals
	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	
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 Totals
	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	
65															
Jan 8-14															
Jan 15-21															
Jan 22-28															
Jan 29-Feb 4															
Feb 5-11															
Feb 12-18															
Feb 19-25															
Feb 26 - Mar 4															
Mar 5-11															
Mar 12-18															
Mar 19-25															
Mar 26-31															

Quarter Total
Quarter Minimum Goal