

4th Quarter Physical Activity Log (April 1 - May 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 **800** minutes this quarter.

Submit via interoffice mail to Jenifer Pressley, Recreation Center

Due Date: 3rd Quarter Activity Log is due by April 9, 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	30	120
July 3-9			Mow Lawn	70			Walk	30			Walk	30			130
July 10-16					Run	30			Zumba	60			Canoe	150	240
July 17-23			Walk	30			Walk	30							60
July 24-30			Mow Lawn	70			Walk	30			Walk	30			130
July 31-Aug 6	Aerobics	60			Weights	30			Swim	30					120
Grand Total															800

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	
April 1															
April 2-8															
April 9-15															
April 16-22															
April 23-29															
April 30-May 6															
May 7-13															
May 14-20															
May 21-27															
May 28-31															
Quarter Total															
Quarter Minimum Goal															800