

# Physical Activity Log Information Sheet

Earn 2 Points for 1200 Minutes of Physical Activity Each Quarter

1. Select an enjoyable activity. Suggestions are listed on the following page.
2. Earn points by participating in intentional physical activity requiring moderate to high intensity for at least 1200 minutes per quarter. Quarters are July –September, October – December, January – March, and April – May (the last quarter will require at least 800 minutes as logs are due early June).
  - a. It is recommended that adults participate in intentional physical activity for at least 30 minutes most days of the week (ex. 30 minutes/day, 5 days/week).
  - b. 30 minutes can be broken up throughout the day
3. Points awarded are based upon completion of a quarter. 2 points may be earned for each quarter that you accumulate a minimum of 1200 minutes of physical activity.
4. Keep record of your activity on the log provided. Information that MUST be on the log includes name, department, phone number and daily documentation of the type of physical activity and total number of minutes for the activity (if you have multiple activities for one day, list all activities and the day's total minutes in the space provided). The excel version of the Physical Activity Log will total your weekly and quarterly total minutes for you.
5. Sign and date completed log affirming you fulfilled the requirements.
6. At the end of each quarter submit completed logs via interdepartmental mail to Jenifer Pressley at the Cullowhee Recreation Center. Physical Activity Log due dates are listed on each log.
7. The program runs July 1, 2022 through May 31, 2023. You may join in at any time and stop/start as many times as you like.
8. Logs from the 4<sup>th</sup> quarter period are due no later than June 9, 2023.
9. Additional logs may be found on the Well@Work section of the Jackson County website: <https://www.jacksonnc.org/employee-wellness>
10. Questions? Please contact the Well@Work team at [wellatwork@jacksonnc.org](mailto:wellatwork@jacksonnc.org) or Janelle Messer at (828) 587-8238.



# Physical Activity Suggestions

The following physical activities are only suggestions. You may use any physical activity or combination of activities to accumulate your 1200 minutes per quarter.

Aerobic Dance	Officiating
Backpacking	Racquetball
Badminton	Roller Skating
Baseball	Rope Skipping
Basketball	Rowing
Bicycling	Rugby
Bowling	Running
Calisthenics	Scuba-Skin Diving
Canoe/Kayak	Snow Skiing
Dancing	Snow Shoveling
Disc Sports	Soccer
Fencing	Softball
Football	Squash
Golf (without golf carts)	Stair Climbing
Group Exercise	Swimming
Gymnastics	Tai Chi
Handball	Table Tennis
Horseshoe Pitching	Tennis
Ice Hockey	Volleyball
Ice Skating	Walking
In-Line Skating	Water Aerobics
Jogging	Water Skiing
Lawn Bowling	Weight Training
Lawn Mowing (walk behind only)	Wheelchair Physical Activities
Mall Walking at Brisk Pace	Woodcutting
Martial Arts	Wrestling
Nautilus	Yoga

