

## 1st Quarter Physical Activity Log (July 1 - September 30, 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:** 1st Quarter Activity Log is due by **October 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	Walk	60													60
July 2 - 8			Mow Lawn	90			Walk	30			Walk	30			150
July 9 - 15	Walk	30	Walk	30	Run	45	Walk	30	Zumba	60	Walk	60	Canoe	150	405
July 16 - 22			Walk	30			Walk	30							60
July 23 - 29	Zumba	60	Mow Lawn	90	Zumba	60	Walk	30	Zumba	60	Walk	45	Zumba	60	405
Jul 30 - Aug 5	Aerobics	60			Weights	30			Swim	30					120
<b>Grand Total</b>															<b>1200</b>

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	
July 1															
July 2 - 8															
July 9 - 15															
July 16 - 22															
July 23 - 29															
Jul 30 - Aug 5															
Aug 6 - 12															
Aug 13 - 19															
Aug 20 - 26															
Aug 27 - Sep 2															
Sep 3 - 9															
Sep 10 - 16															
Sep 17 - 23															
Sep 24 - 30															
<b>Quarter Total</b>															
<b>Quarter Minimum Goal</b>															<b>1200</b>