

## 2nd Quarter Physical Activity Log (October 1 - December 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:** 2nd Quarter Activity Log is due by **January 9, 2024.**

Name:   
 Phone #:

Dept:

Email:

| 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 |               |
| Oct 1 - 7                      |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Oct 8 - 14                     |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Oct 15 - 21                    |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Oct 22 - 28                    |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Oct 29 - Nov 4                 |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Nov 5 - 11                     |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Nov 12 - 18                    |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Nov 19 - 25                    |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Nov 26 - Dec 2                 |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Dec 3 - 9                      |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Dec 10 - 16                    |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Dec 17 - 23                    |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Dec 24 - 30                    |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |
| Dec 31                         |          |      |          |      |          |      |           |      |          |      |          |      |          |      |               |

**Quarter Total**   
**Quarter Minimum Goal**