

3rd Quarter Physical Activity Log (January 1 - March 31, 2024)

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 8, 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
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	
Jan 1 - 6															
Jan 7 - 13															
Jan 14 - 20															
Jan 21 - 27															
Jan 28 - Feb 3															
Feb 4 - 10															
Feb 11 - 17															
Feb 18 - 24															
Feb 25 - Mar 2															
Mar 3 - 9															
Mar 10 - 16															
Mar 17 - 23															
Mar 24 - 30															
Mar 31															
Quarter Total															
Quarter Minimum Goal														1200	