

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

Submit via interoffice mail to Jenifer Pressley, Recreation Center

Due Date: 3rd Quarter Activity Log is due by **June 10, 2024**.

Name:
 Phone #:

Dept:

Email:

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Weekly Totals
Example Week	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	
July 1	Walk	30													30
July 2 - 8			Mow Lawn	65			Walk	30			Walk	30			125
July 9 - 15	Walk	30	Walk	30	Run	30	Walk	30	Zumba	30	Walk	30	Canoe	30	210
July 16 - 22			Walk	30			Walk	30							60
July 23 - 29	Zumba	30	Mow Lawn	90	Zumba	30	Walk	30	Zumba	30	Walk	45	Zumba	30	285
Jul 30 - Aug 5	Aerobics	30			Weights	30			Swim	30					90
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	
Apr 1 - 6															
Apr 7 - 13															
Apr 14 - 20															
Apr 21 - 27															
Apr 28 - May 4															
May 5 - 11															
May 12 - 18															
May 19 - 25															
May 26 - 31															
Quarter Total															
Quarter Minimum Goal															800