

Name: \_\_\_\_\_

## Fall into Fitness Physical Activity Log

This is for your records. You do not need to turn this in.



Use this log to keep track of your challenge points each day. Give yourself one point for every 10 minutes of physical activity. **Example: 10 minutes=1 point, 20 minutes of exercise=2 points.** Email log to [brayner@harnett.org](mailto:brayner@harnett.org) by Tuesday, October 25th.

### Week 1 (September 25 -October 1)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Total |
|--------|---------|-----------|----------|--------|----------|--------|--------------|
|        |         |           |          |        |          |        |              |

### Week 2 (October 2-October 8)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Total |
|--------|---------|-----------|----------|--------|----------|--------|--------------|
|        |         |           |          |        |          |        |              |

### Week 3 (October 9-October 15)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Total |
|--------|---------|-----------|----------|--------|----------|--------|--------------|
|        |         |           |          |        |          |        |              |

### Week 4 (October 16-October 22)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Total |
|--------|---------|-----------|----------|--------|----------|--------|--------------|
|        |         |           |          |        |          |        |              |

Total Challenge Points: \_\_\_\_\_

