

Get Fit & Win 2010 Activity Log

Name: _____

Activity Goal (please check):

30 minutes per day at least 3 days per week

30 minutes per day at least 5 days per week

45+ minutes per day at least 5 days per week

Write in the length of time you exercised, **BOLD** the intensity level of the activity (low, moderate, or high), write in the type of activity, and check off if you exercised with a buddy that day.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>
			<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high
		May 26th thru May 30th	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>
			Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 31st thru June 6th Nordic Walking Starts June 2nd Call us to register: 795-5990	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>
	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high
	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>
	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	 Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 26th thru August 1st	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>
	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high
	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>
	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>

Week	Monday	Tuesday	Wednesday
August 2nd thru August 4th	<i>Minutes</i>	<i>Minutes</i>	<i>Minutes</i>
	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high	<i>Intensity</i> low moderate high
	<i>Activity</i>	<i>Activity</i>	<i>Activity</i>
	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>	Buddy <input type="checkbox"/>



Program Start: May 26th, Wednesday

Program End: August 4th, Wednesday

Important Information

In order to be eligible for prizes you must: (Details in Welcome Packet)



1. Return Activity Log to Healthy Androscoggin

Activity Log Due: August 11th, Wednesday by Noon

Mail: Get Fit & Win

Healthy Androscoggin

300 Main Street, Lewiston, ME 04240

Fax: 207.795.5992

Drop Off: 130 East Avenue, Lewiston, ME

(lower-level of YWCA & back entrance)

2. Be present at the Get Fit & Win celebration

Celebration: August 18th, Wednesday, 5:30pm

Location: Bates Amphitheater

Behind Olin Arts next to "Lake Andrews" (the pond).

Rain Location: Lewiston Middle School Auditorium

75 Central Avenue Lewiston, ME