

Exercise Log Sheet

I, _____, hereby state that all information provided in my exercise log is accurate to the best of my knowledge.

School or Department Name: _____ Date: _____

Please record minutes of deliberate exercise you completed each day (ex: 30 min running). This cannot include exercise during work hours, except for lunch or specified breaks, or activities of daily living (ex: steps/walking completed during daily activities like cleaning, walking around work or the house, etc.)

Week of:	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday	Total minutes

Total Minutes: _____ Total Points Earned (1 point per 30 minutes) : _____

Please submit the form to Katie Massman, katie.massman@cmcss.net. Participants will receive 1 point per 30 minutes of exercise (ex: if the participants reach 300 minutes in a week, they will receive 10 points).

The exercise log should be filled out four weeks at a time, and submitted thereafter. You may begin the exercise log at any time. It must be submitted within 7 days from the end of the 4 week cycle (ex: cycle ends on 9/10, form must be submitted by 9/17).