Seasonal Fitness Challenge

Exercise Tracking Log

NOTE: Please save this form using your EIN and Season as the title. Example: 123456Winter.pdf

EIN: **Name:** **Worksite Address:**

Tracking Season: Winter Fitness Challenge **Tracking Month:**

Total Activity Minutes: **Healthy Lifestyle Activity Points:** **0**

Date:	Activities:	Minutes:
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		

Date:	Activities:	Minutes:
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		
Day 31		

Seasonal Fitness Challenge

Exercise Tracking Log

NOTE: Please save this form using your EIN and Season as the title. Example: 123456Winter.pdf

EIN: **Name:** **Worksite Address:**

Tracking Season: Winter Fitness Challenge **Tracking Month:**

Total Activity Minutes: **Healthy Lifestyle Activity Points:** 0

Date:	Activities:	Minutes:
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		

Date:	Activities:	Minutes:
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		
Day 31		

Seasonal Fitness Challenge

Exercise Tracking Log

NOTE: Please save this form using your EIN and Season as the title. Example: 123456Winter.pdf

EIN: **Name:** **Worksite Address:**

Tracking Season: Winter Fitness Challenge **Tracking Month:**

Total Activity Minutes: **Healthy Lifestyle Activity Points:** 0

Date:	Activities:	Minutes:
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
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Date:	Activities:	Minutes:
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Day 30		
Day 31		

Seasonal Fitness Challenge

Exercise Tracking Log

NOTE: Please save this form using your EIN and Season as the title. Example: 123456Winter.pdf

EIN: **Name:** **Work-site Address:**

Tracking Season: Winter Fitness Challenge

Please keep this certificate of completion for your records. Any physical activity that is at least ten consecutive minutes in length should be recorded on each of the monthly logs. At the end of each season, review the Seasonal Total Minutes and Seasonal Total Points below, and then click the Submit by Email button to receive credit. Save this log using your EIN and Season as the title.

For Example: 123456Winter.pdf

Tracking Months	Total Minutes	Healthy Lifestyle Activity Points
		0
		0
		0

Season Total Minutes: **Season Total Points:** **0**

Submit by Email

Print Form

Email: wellness@pima.gov **Fax:** (520) 724-8150 **Mail:** 150 W. Congress, 4th Floor

An email confirmation will be sent after your Exercise Log has been recorded. For any questions, please contact Employee Wellness at (520) 724-8114.