



# SEASONAL FITNESS CHALLENGE

## Daily Exercise Log

If you do not have a body wearable fitness device and/or fitness app that automatically tracks your minutes of physical activity, you can print this log to keep track of your daily minutes and monthly total for each month. At the end of the season, complete the **Online Seasonal Fitness Challenge Minutes and Exercises Form** to submit your total minutes each month. Do not submit this log to Employee Wellness. Keep a copy of this log for your own records in case of an audit.

MONTH:					
DAY	EXERCISES	MINUTES	DAY	EXERCISES	MINUTES
1			17		
2			18		
3			19		
4			20		
5			21		
6			22		
7			23		
8			24		
9			25		
10			26		
11			27		
12			28		
13			29		
14			30		
15			31		
16			<b>MONTHLY TOTAL:</b> <i>(At the end of the season submit this total using the Online Seasonal Fitness Challenge Minutes and Exercises Form)</i>		

