

LIFE Program Physical Activity Log

2023 – 2024

Check the box that applies and fill in total points each week.

WEEK OF:	Exercised @ least 30 minutes on 3 different days of week for 1/2 point....	Exercised @ least 30 minutes on 4 different days of week for 1 point....	Type of Exercise or Activity	Total # of points for the week...	Initial each week
07/03/2023					
07/10/2023					
07/17/2023					
07/24/2023					
07/31/2023					
08/07/2023					
08/14/2023					
08/21/2023					
08/28/2023					
09/04/2023					
09/11/2023					
09/18/2023					
09/25/2023					
10/02/2023					
10/09/2023					
10/16/2023					
10/23/2023					
10/30/2023					
11/06/2023					
11/13/2023					
11/20/2023					
11/27/2023					
12/04/2023					
12/11/2023					
12/18/2023					
12/25/2023					

WEEK OF:	Exercised @ least 30 minutes on 3 different days of week for 1/2 point....	Exercised @ least 30 minutes on 4 different days of week for 1 point....	Type of Exercise Or Activity	Total # of points for the week...	Initial each week
01/01/2024					
01/08/2024					
01/15/2024					
01/22/2024					
01/29/2024					
02/05/2024					
02/12/2024					
02/19/2024					
02/26/2024					
03/04/2024					
03/11/2024					
03/18/2024					
03/25/2024					
04/01/2024					
04/08/2024					
04/15/2024					
04/22/2024					
04/29/2024					
05/06/2024					
05/13/2024					
05/20/2024					
05/27/2024					
06/03/2024					
06/10/2024					
06/17/2024					
06/24/2024					

When you have earned at least 5 LIFE Points, you can send the activity log to Kristina Loughborough, kloughborough@maconnc.org or Jen Germain, jgermain@maconnc.org at Macon County Public Health. You can turn in a log several times throughout the year. **Total point accumulation is 52 Points.** Each time you turn in your log, however, **you must have at least 5 LIFE Points in order to receive a LIFE Points voucher.**

I hereby affirm that I fulfilled the requirements for the LIFE Physical Activity Log.



Name: _____

Department: _____