

LIFE Program Physical Activity Log

2020 – 2021

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

WEEK OF:	Exercised @ least 30 minutes on 3 different days of week.....	Exercised @ least 30 minutes on 4 different days of week....	Type of Exercise or Activity	Total # of points for the week...	Initial each week
06/29/2020					
07/06/2020					
07/13/2020					
07/20/2020					
07/27/2020					
08/03/2020					
08/10/2020					
08/17/2020					
08/24/2020					
08/31/2020					
09/07/2020					
09/14/2020					
09/21/2020					
09/28/2020					
10/05/2020					
10/12/2020					
10/19/2020					
10/26/2020					
11/02/2020					
11/09/2020					
11/16/2020					
11/23/2020					
11/30/2020					
12/07/2020					
12/14/2020					
12/21/2020					

WEEK OF:	Exercised @ least 30 minutes on 3 different days of week.....	Exercised @ least 30 minutes on 4 different days of week....	Type of Exercise Or Activity	Total # of points for the week...	Initial each week
12/28/2020					
01/04/2021					
01/11/2021					
01/18/2021					
01/25/2021					
02/01/2021					
02/08/2021					
02/15/2021					
02/22/2021					
03/01/2021					
03/08/2021					
03/15/2021					
03/22/2021					
03/29/2021					
04/05/2021					
04/12/2021					
04/19/2021					
04/26/2021					
05/03/2021					
05/10/2021					
05/17/2021					
05/24/2021					
05/31/2021					
06/07/2021					
06/14/2021					
06/21/2021					
06/28/2021					

When you have earned at least 5 LIFE Points, you can send the activity log to Emily Ritter or Kristina Loughborough at Macon County Public Health. You can turn in a log several times throughout the year. **Total point accumulation is 53 Points.** Each time you turn in your log, however, **you must have accumulated 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: _____