



NAME: _____

WORK LOCATION: _____

MONTH: _____

Keep track of physical activity for the current month. Complete the form below and return it to the ADMIN - Highway 10 office **on or before the 10th of the next month** to be included in a drawing for the chance to win a \$25.00 gift card from Target.

ACTIVITY	WEEK 1 Minutes:	WEEK 2 Minutes:	WEEK 3 Minutes:	WEEK 4 Minutes:	WEEK 5 Minutes:
Walking/Hiking					
Biking					
Yard Work					
Swimming					
Running					
Other:					
Other:					
TOTAL MINUTES:					

