

Active for a **HEALTHIER Life**

Participant Log

Name: _____ Total point goal: _____

Record your points on this form. You get 1 point for each minute of activity.

Please turn in your completed log to your team captain **by April 23, 2012.**

Active for a Healthier Life has a minimum goal of activity that corresponds to national guidelines. Most health organizations recommend at least 30 minutes a day of moderate exercise, 5 days a week. Participants must set a minimum goal to exercise for at least 150 minutes (2½ hours) a week; therefore, earn 1,200 points throughout the program.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points
1	(Feb 27)							
2								
3								
4								
5								
6								
7								
8							(Apr 22)	
Total Points Earned:								