

Name _____

Department _____



A program of the Unified Government of Athens-Clarke County

Exercise Log

(July 2007 - June 2008)

A MAXIMUM of 50 POINTS PER QUARTER MAY BE EARNED FROM GENERAL EXERCISE

Days per week/Minutes per workout (record exercise minutes in appropriate box)	Total Minutes (per week)	Physical Activity (circle all that apply)					
Week 1, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 2, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 3, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 4, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 5, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 6, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 7, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 8, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 9, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 10, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 11, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Week 12, Date:							Cardiovascular Strength Training Flexibility
S	M	T	W	TH	F	S	
Grand Total							