

Southeastern California Conference
Fitness-For-Life Exercise Log (Revised 1/2009)

Employee Name: _____ Month: _____

Participant's Name: _____ Work Location: _____

Number of Total Miles for the month: _____ e-mail: _____

YOU MUST RECORD THE TOTAL NUMBER OF MILES/DAY IN EACH BOX

Record the activity and the time spent on each activity as stated on the Aerobic Mile Chart. Incomplete logs will be returned.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
Day SUNDAY					
Activity					
Total miles					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

NOTE: Regular exercise is the single most effective thing we can do to improve health and delay the aging process. Increase your exercise gradually by either increasing the distance or reducing the time it takes to exercise. **On this log please list activity, time spent for each activity and convert it to miles by using the Aerobic Mile Chart.** Incomplete logs will be returned.

Submit logs to: Human Resources, Southeastern California Conference via mail or fax; PO Box 79990, Riverside, CA 92513; fax (951) 509-2395. Dead line is the 15th of the following month.

Signature: _____ *(I attest that the information listed above is true and correct)*