



# Activity Points Participation Log

You may earn a maximum of 6 Activity Points Per Day.

Name: \_\_\_\_\_ Department: \_\_\_\_\_ Month: \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Activity							
Time/ Duration							
Points							
Date							
Activity							
Time/ Duration							
Points							
Date							
Activity							
Time/ Duration							
Points							
Date							
Activity							
Time/ Duration							
Points							
Date							
Activity							
Time/ Duration							
Points							

**Total Activity Points:**

Submit completed forms to the PRCA Admin. Office (North Building) or email to [WellnessPts@ketteringoh.org](mailto:WellnessPts@ketteringoh.org).

- Cardio** 15 minutes = 1.5 Activity Points
- Strength** 15 minutes = 1.5 Activity Points
- Cardio/Strength Combo** 15 minutes = 1.5 Activity Points
- Group Exercise** 15 minutes = 1.5 Activity Points
- Walking** 15 minutes = 1.0 Activity Points
- Sports Activity** 15 minutes = 1.0 Activity Points

**Please keep a copy of  
completed forms for you  
records.**