



# Activity Minutes Log

**\*For use beginning November 1, 2019\***

Track Activity Minutes earned during your workout routine (walking, strength training, cardio, group exercise, sports, etc.). The minimum Activity Minutes that can be earned per day are 15 minutes and the maximum Activity Minutes to earn per day will be 90 minutes. Activity Minute values can be any range from 15-90 minutes (i.e. 23 Minutes, 35 Minutes, 72 Minutes, etc.).

Name: \_\_\_\_\_ Department: \_\_\_\_\_ Month: **NOVEMBER 2019**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Date</b>						11/1	11/2
<b>Activity</b>							
<b>Minutes Spent</b>							
<b>Date</b>	11/3	11/4	11/5	11/6	11/7	11/8	11/9
<b>Activity</b>							
<b>Minutes Spent</b>							
<b>Date</b>	11/10	11/11	11/12	11/13	11/14	11/15	11/16
<b>Activity</b>							
<b>Minutes Spent</b>							
<b>Date</b>	11/17	11/18	11/19	11/20	11/21	11/22	11/23
<b>Activity</b>							
<b>Minutes Spent</b>							
<b>Date</b>	11/24	11/25	11/26	11/27	11/28	11/29	11/30
<b>Activity</b>							
<b>Minutes Spent</b>							

**Total Activity Minutes:**

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

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