

Activity (Exercise) Log

Directions: YOU MUST DISCUSS YOUR GOALS WITH THE HEALTH ASSESSMENT TEAM FOR AVAILABLE POINTS BEFORE ACTIVITIES ARE DONE. Cardio Exercise, minimum of 150 minutes per week for 4 weeks required to earn 1 point for TRAC. Brisk walking is acceptable. Complete one activity log per month. Fill in all spaces that pertain to that day. Send completed logs to the Health Assessment Office for your records. *****If you have not been active recently or have a known medical condition, please consult your healthcare provider before beginning to exercise.**

Weekly Activity Goal: _____

I have met my weekly goal for this month.

PRINT Participant Name: _____ Signature: _____

WEEK #1	Activity/Activities	Total Length of Activities	Did not workout	Comments
Dates:				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				
WEEK #2	Activity/Activities	Total Length of Activities	Did not workout	Comments
Dates:				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				
WEEK #3	Activity/Activities	Total Length of Activities	Did not workout	Comments
Dates:				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				
WEEK #4	Activity/Activities	Total Length of Activities	Did not workout	Comments
Dates:				
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				