



# 2009 Step Up Forsyth!

## Personal Physical Activity Log

September 10, 2009 thru November 7, 2009

- ◆ Record all physical activity sessions during each day by entering the total number of minutes.
- ◆ Turn this form in to your Captain by November 7<sup>th</sup>. If you are not on a team, fax directly to *Step Up Forsyth!* At 727-8034.

***Pledge: I will engage in physical activity 30 minutes per day at least 5 days each week for the next 8 weeks.***

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Week Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
							<b>Total Physical Activity Minutes:</b>	

Team Captain: \_\_\_\_\_  
 Your Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_

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**It's okay to give out,  
 but never okay to give up!**  
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 .....  
*-Elizabeth Lockhart*  
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