

Holiday Exercise Challenge Log

Week	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Weekly Total
11/25 - 12/1	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.
12/2- 12/8	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.
12/9 - 12/15	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.
12/16 - 12/22	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.	_____min of moderate activity _____min of vigorous activity.

Goal: 150 minutes of moderate activity or 75 minutes of vigorous activity per week.

Total for the month :

Min of moderate activity : _____

Min of vigorous activity _____ x 2=_____

Total:_____