

Daily Activity Log

Move Your Way Challenge April 7th- June 6th

Directions:

1. Log daily activity in minutes.
2. Calculate total weekly minutes.
3. Submit total minutes into surveys on Fridays.

April

Week	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total
Week 1			7 Challenge Starts	8	9	10	11	
Week 2	12	13	14	15	16	17	18	
Week 3	19	20	21	22	23	24	25	
Week 4	26	26	28	29	30	May 1	2	

May

Week 5	3	4	5	6	7	8	9	
Week 6	10	11	12	13	14	15	16	
Week 7	17	18	19	20	21	22	23	
Week 8	24	25	26	27	28	29	30	

June

Week 9	May 31	1	2	3	4	5	6 Challenge Ends	
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