



2011 Step Up Forsyth!

Personal Physical Activity Log

September 18, 2011 - November 12, 2011

- ◆ Record all physical activity sessions during each day by entering the total number of minutes in the appropriate square

Pledge: *I will engage in physical activity 30 minutes per day at least 5 days each week for the next 8 weeks. Any form of physical activity may be recorded (walking, biking, gardening, swimming, etc.).*

Record time in minutes	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Weekly Total
Week 1 Sept. 18-24								
Week 2 Sept. 25- Oct. 1								
Week 3 Oct. 2-8								
Week 4 Oct. 9-15								
Week 5 Oct. 16-22								
Week 6 Oct. 23-29								
Week 7 Oct. 30- Nov. 5								
Week 8 Nov. 6-12								

- Turn this form in to your Captain by November 14th.
- If you are not on a team, you may turn form in by:
 1. Faxing to *StepUp Forsyth!* at 336-727-8034,
 2. Scanning form and emailing to stepupforsyth@forsyth.cc
 3. Dropping form by the health department,
 4. Mailing to *Step Up Forsyth!*, FCDPH, 799 N. Highland Avenue, Winston-Salem, NC 27101

**Total
Physical
Activity
Minutes:**

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Team Captain: _____

Your Name: _____

Address: _____

City: _____ Zip: _____ Email: _____