

AUGUST 2019

Log 25 days of INTENTIONAL EXERCISE (at least 30 minutes/session.)
 Complete this log sheet and submit to Mandi Artino, by September 6, 2019.

*Intentional exercise is exercise done outside of your daily living activities.
 This can include walking, exercise classes, bicycling, swimming, etc. ANY-
 THING THAT GETS YOU MOVING FOR AT LEAST 30 MINUTES.

NAME _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Type of Exercise _____ Length of Time _____	2 Type of Exercise _____ Length of Time _____	3 Type of Exercise _____ Length of Time _____
4 Type of Exercise _____ Length of Time _____	5 Type of Exercise _____ Length of Time _____	6 Type of Exercise _____ Length of Time _____	7 Type of Exercise _____ Length of Time _____	8 Type of Exercise _____ Length of Time _____	9 Type of Exercise _____ Length of Time _____	10 Type of Exercise _____ Length of Time _____
11 Type of Exercise _____ Length of Time _____	12 Type of Exercise _____ Length of Time _____	13 Type of Exercise _____ Length of Time _____	14 Type of Exercise _____ Length of Time _____	15 Type of Exercise _____ Length of Time _____	16 Type of Exercise _____ Length of Time _____	17 Type of Exercise _____ Length of Time _____
18 Type of Exercise _____ Length of Time _____	19 Type of Exercise _____ Length of Time _____	20 Type of Exercise _____ Length of Time _____	21 Type of Exercise _____ Length of Time _____	22 Type of Exercise _____ Length of Time _____	23 Type of Exercise _____ Length of Time _____	24 Type of Exercise _____ Length of Time _____
25 Type of Exercise _____ Length of Time _____	26 Type of Exercise _____ Length of Time _____	27 Type of Exercise _____ Length of Time _____	28 Type of Exercise _____ Length of Time _____	29 Type of Exercise _____ Length of Time _____	30 Type of Exercise _____ Length of Time _____	31 Type of Exercise _____ Length of Time _____