

Get Moving LOG 2021

Name: _____ Team: _____

My weekly minutes' goal: _____

Record minutes of physical activity for each day and total at the end of each week.

Submit your name, team if applicable, week, and total minutes by noon Tuesday of the following week.

Submit via the [google form](#) (preferred method) or email to jfluty@emhealth.org, fax to (859) 238-0171, or deliver in person (write on a piece of paper and drop in the box at MWC).

Week	1 4/18-4/24	2 4/25-5/1	3 5/2-5/8	4 5/9-5/15	5 5/16-5/22	6 5/23-5/29
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Total						