

# INDIVIDUAL PARTICIPANT ACTIVITY LOG

Record your physical activity minutes and description of activity (optional) for each day (Your goal is 1,260 total minutes for the 6-week challenge)



**GUNDERSEN**  
HEALTH SYSTEM®

Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Day of Week	Week 1 – April 1-7	Week 2 – April 8-14	Week 3 – April 15-21
Example	30 minutes (15 walk, 15 weights)	45 minutes (30 class, 15 walk)	15 minutes (15 video)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
<b>Weekly Total</b>			

Day of Week	Week 4 – April 22-28	Week 5 – April 29 -May 5	Week 6 – May 6-12
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
<b>Weekly Total</b>			

Note: this form does not need to be turned in; for personal tracking only.

**Submit all minutes by May 16**