

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 – March 28 - April 3	Week 2 – April 4-10	Week 3 – April 11-17
Example	30 minutes (15 walk, 15 weights)	45 minutes (30 class, 15 walk)	15 minutes (15 video)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Total			

Day of Week	Week 4 – April 18-24	Week 5 – April 25 - May 1	Week 6 – May 2-8
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Weekly Total			

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

Submit all minutes in the wellness portal by May 11