



# MOVE YOUR WAY!

## Daily Log

Captain's Name/Phone/Email \_\_\_\_\_

**Directions:** Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises). Give yourself a (check) if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes, cups of fruits/vegetables, and number of days you did strengthening exercises to your team captain.

**Reminder:** If you wear a activity tracker to count steps, you may start counting after you reach 6,000 that day. Report 15 minutes for each 2,000 steps (above the 6,000.)

		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	WEEKLY TOTAL	
									Min	F/V
<b>Week #1</b> Mar 28 - Apr 3	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
<b>Week #2</b> Apr 4 - 10	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
<b>Week #3</b> Apr 11 - 17	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
<b>Week #4</b> Apr 18 - 24	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
<b>Week #5</b> Apr 25 - May 1	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
<b>Week #6</b> May 2 - 8	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
<b>Week #7</b> May 9 - 15	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									
<b>Week #8</b> May 16 - 22	Minutes									
	Strengthening									
	Fruits & Vegetables									
	Water									

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