

HOLIDAY CHALLENGE LOG SHEET

Name: _____

Sign up before November 27, 2021 to participate. Registration is required. Please note: You must submit your sweatshirt size and weekly totals via email to qualify for a prize at the end of the challenge.

The recommended weekly exercise time for maintaining weight is 150 minutes, for weight loss it is 300 minutes.

Week 1 Date	Activity	Minutes Completed
Total minutes completed week 1		
Week 2 Date	Activity	Minutes Completed
Total minutes completed week 2		
Week 3 Date	Activity	Minutes Completed
Total minutes completed week 3		

Week 4 Date	Activity	Minutes Completed
Total minutes completed week 4		
Week 5 Date	Activity	Minutes Completed
Total minutes completed week 5		
Week 6 Date	Activity	Minutes Completed
Total minutes completed week 6		
Week 7 Date	Activity	Minutes Completed
Total minutes completed week 7		

Add up your weekly totals to get your total minutes completed throughout the challenge.

Holiday Challenge Total Minutes of Activity: _____