



2010 Wellness Program Documentation Form Fitness Tracking Challenge

This challenge is to track and document your efforts to exercise on a regular basis, a minimum of 150 minutes of moderate physical activity each week. Use the back of this form to track your physical activity. Start at the beginning of a month, and at the end of the month, submit the completed form to the Premier Wellness Coordinator. This challenge may be played twice during any two months of the year. Complete the information below:

Employee Name (please print) _____

- Complete the tracking sheet on the back of this form.
- Start at the beginning of any month and track your physical activity to the end of the month.
- Complete the entire form before submittal.

By signing below, you acknowledge that you did complete the challenge for yourself and the information provided is accurate and valid.

Date of submittal _____

Signature _____

Note:

All private health information shared with the Premier Wellness Coordinator through your involvement in the program is strictly confidential. No other individual or entity will have access to this information without your expressed consent.



HOW TO TRACK YOUR PHYSICAL ACTIVITY

To satisfy this challenge, you must record a minimum of 150 minutes of moderate exercise for each week of the month. Use this form to track your daily exercise by 10-minute time blocks. If you perform vigorous exercise, (see below for descriptions), then mark-off two time blocks for each 10-minutes of vigorous exercise.

Example: Mark one box below for each 10 minutes of moderate or two boxes for each 10 minutes of vigorous level activity you do on each day. Total your minutes for each week. *For example, if you were active 20 minutes on Monday, 10 minutes on Wednesday, and 30 minutes on Tuesday, Thursday, Saturday, and Sunday, your log would look like this:*

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Minutes
Jan 3	■□□□□	■□□□□	■□□□□	■□□□□	□□□□□	■□□□□	■□□□□	150

Month of _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Minutes
_____	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	_____
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Moderate physical activity includes activities such as brisk walking at 3 MPH, walking the golf course, gardening, slow cycling, dancing, doubles tennis, strength training or hard work around the house. Any activity that makes you work as hard as brisk walking and lasts at least 10 minutes is counted.

Vigorous physical activity includes activities like jogging at 6MPH, running, fast cycling, aerobics classes, swimming laps, singles tennis, and raquetball. Any activity that makes you work as hard as jogging and lasts at least 10 minutes is counted. These activities increase your heart rate, make you sweat and make you feel out of breath.



Please Note: If you have been inactive for a while or have health conditions that may make you uncomfortable during physical activity, be sure to check with your doctor before beginning any program.