



120 minutes of activity per week
 4 weeks in a row
 4 different times

Example Week

3	20	4	20	5	30	6		7	30	8	20	9	
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120

Total September 2019														Total October 2019													
Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min			
	1	2	3	4	5	6	7				1	2	3	4	5												
	8	9	10	11	12	13	14		6	7	8	9	10	11	12												
	15	16	17	18	19	20	21		13	14	15	16	17	18	19												
	22	23	24	25	26	27	28		20	21	22	23	24	25	26												
	29	30							27	28	29	30	31														

November 2019							Total December 2019							Total January 2020									
Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min
					1	2		1	2	3	4	5	6	7					1	2	3	4	
3	4	5	6	7	8	9		8	9	10	11	12	13	14		5	6	7	8	9	10	11	
10	11	12	13	14	15	16		15	16	17	18	19	20	21		12	13	14	15	16	17	18	
17	18	19	20	21	22	23		22	23	24	25	26	27	28		19	20	21	22	23	24	25	
24	25	26	27	28	29	30		29	30	31						26	26	28	29	30	31		

February 2020							Total March 2020							Total April 2020									
Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min
						1		1	2	3	4	5	6	7					1	2	3	4	
2	3	4	5	6	7	8		8	9	10	11	12	13	14		5	6	7	8	9	10	11	
9	10	11	12	13	14	15		15	16	17	18	19	20	21		12	13	14	15	16	17	18	
16	17	18	19	20	21	22		22	23	24	25	26	27	28		19	20	21	22	23	24	25	
23	24	25	26	27	28	29		29	30	31						26	26	28	29	30			

May 2020							Total
Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

Complete and turn in to Theresa Dunham @ SEC by
January 10 or May 3

Name _____

Building _____

Shirt Size _____
