

FITNESS/WORKOUT ATTENDANCE LOG

Instructions: Use the table below to track your Physical Activity attendance in the current 6-month period. You will earn credit for showing proof of at least 70 visits to fitness classes or in-home workouts. If you did attend fitness classes, be sure to include the date of the class, name of the facility where the class was held, the type of class attended (e.g. Zumba, Yoga, Crossfit etc.) and the length of the class.

You will earn 50 points for completing this activity.

	Date	Name of Facility	Class/Workout	Class Length
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	Date	Name of Facility	Class/Workout	Class Length
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