

Fitness/Workout Attendance Log

You will receive 60 points for completing this activity

Writing details of a workout and drawing arrows through rows will be rejected.

Name: _____ Facility: _____

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. This form must be filled out with detailed information for each workout.

	Date	Name Facility	Class/Workout	Session Length
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	<i>Writing details of a workout and drawing arrows through rows will be rejected</i>			
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