

Fitness / Workout Attendance Log

You will receive 60 points for completing this activity. 30 entries required.

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 30 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.

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

Date	Facility Name / Gym	Class Name / Workout	Session Length
1			
2			
3			
4			
5			
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8			
9			
10			
11			
12			
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14			
15			
16			
17			
18			

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Name: _____ Facility: _____

Date	Facility Name / Gym	Class Name / Workout	Session Length
19			
20			
21			
22			
23			
24			
25			
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27			
28			
29			
30			
31			
32			
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