



2012 Step Up Forsyth!

Personal Physical Activity Log
September 16, 2012 - November 10, 2012

Record all physical activity time for each day by entering the total number of minutes in the appropriate square

! Pledge: I will engage in physical activity 30 minutes per day at least 5 days each week for the next 8 weeks.
 ● Any form of physical activity may be recorded (walking, biking, gardening, swimming, etc.).

Record time in minutes	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Weekly Total
Week 1 Sept. 16-22								
Week 2 Sept. 23-29								
Week 3 Sept. 30- Oct. 6								
Week 4 Oct. 7 - 13								
Week 5 Oct. 14-20								
Week 6 Oct. 21-27								
Week 7 Oct. 28- Nov. 3								
Week 8 Nov. 4-10								
Total Physical Activity Minutes								

! IF YOU DID NOT REGISTER AND LOG TIME ONLINE.
 ● Please choose one of the following ways to turn your form in.

1. Fax this form to StepUp Forsyth! at 336-727-8034,
2. Scan form and email to stepupforsyth@forsyth.cc
3. Drop form by the health department,
4. Mail to Step Up Forsyth!, FCDPH, 799 N. Highland Avenue, Winston-Salem, NC 27101

Team Captain: _____
 Your Name: _____
 Address: _____
 City: _____ Zip: _____ Email: _____

