



Gaston on the Move Physical Activity Challenge April 12 - June 6 Personal Walking/Activity Log Sheet



Instructions:

- ◆ Please record all walking sessions during each day by entering the total number of minutes or steps.
- ◆ Return your completed log sheet to your Team Captain by June 13th.
- ◆ If you are not participating on a team - fax your completed log to Gaston on the Move at 704-853-5252 or by mail: Gaston on the Move Physical Activity Challenge, Gaston County Health Dept., 991 W. Hudson Blvd., Gastonia, NC 28052.

Pledge: I will walk at least 30 minutes each day at least 5 days each week for the next 8 weeks.

	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Week Total
Week 1: 4/12 - 4/18	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps
Week 2: 4/19 - 4/25	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps
Week 3: 4/26 - 5/2	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps
Week 4: 5/3 - 5/9	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps
Week 5: 5/10 - 5/16	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps
Week 6: 5/17 - 5/23	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps
Week 7: 5/24 - 5/30	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps
Week 8: 5/31 - 6/6	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps	____ min ____ steps
							Totals	____ min ____ steps

Team Captain: _____

Your Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____ Email: _____

Visit Gaston on the Move online
for information about
eating smart and moving more:
www.gastonhealthcare.info/fitness

For questions or additional log forms - call
704.862.6120.