

Get Moving LOG 2022

Name: _____ Team: _____

My weekly minutes' goal: _____

Record minutes of physical activity for each day and total at the end of each week.

Submit your name, team if applicable, week, and total minutes by noon Tuesday of the following week.

Submit via the [google form](#) (preferred method) or email to jfluty@emhealth.org, fax to (859) 238-0171, or deliver in person (write on a piece of paper and drop in the box at MWC).

Week	1 4/17-4/23	2 4/24-4/30	3 5/1-5/7	4 5/8-5/14	5 5/15-5/21	6 5/22-5/28
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Total						

Weekly Themes/Tasks: When you submit your minutes each week, tell us what you did to complete the weekly task.

Week 1: Connect with others

Week 2: Move your body

Week 3: Focus on the positive

Week 4: Eat real food

Week 5: Seek purpose & meaning

Week 6: Learn or try something new