

## ACTIVITY LOG 5 CONSECUTIVE WEEKS IN MARCH AND APRIL

DATE	TIME	ACTIVITY / EXERCISE	DURATION	DISTANCE/REPS/SETS	INTENSITY (LOW/MOD/HIGH)

This is an individual challenge. Participants will be challenged to complete 30 minutes of aerobic or strength training exercise 3 days per week.

**Aerobic Exercises:** walking, running, jogging, biking, rowing machine, Stairmaster, elliptical, aerobic classes, hiking, swimming, etc. **Strength Training:** Nautilus machines, Cybex, free weights, push-ups, sit-ups, pull-ups, resistance bands, yoga, Pilates, etc.





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