



120 minutes of activity per week  
 4 weeks in a row  
 4 different times

**Example Week**

3	20	4	20	5	30	6		7	30	8	20	9	
---	----	---	----	---	----	---	--	---	----	---	----	---	--

**120**

**August 2018**

**Total September 2018**

**Total October 2018**

Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	
			1	2	3	4									1			1	2	3	4	5	6	
5	6	7	8	9	10	11		2	3	4	5	6	7	8		7	8	9	10	11	12	13		
12	13	14	15	16	17	18		9	10	11	12	13	14	15		14	15	16	17	18	19	20		
19	20	21	22	23	24	25		16	17	18	19	20	21	22		21	22	23	24	25	26	27		
26	27	28	29	30	31			23	24	25	26	27	28	29		28	29	30	31					
							30																	

**November 2018**

**Total December 2018**

**Total January 2019**

Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min
				1	2	3								1				1	2	3	4	5	
4	5	6	7	8	9	10		2	3	4	5	6	7	8		6	7	8	9	10	11	12	
11	12	13	14	15	16	17		9	10	11	12	13	14	15		13	14	15	16	17	18	19	
18	19	20	21	22	23	24		16	17	18	19	20	21	22		20	21	22	23	24	25	26	
25	26	27	28	29	30			23	24	25	26	27	28	29		27	28	29	30	31			
							30	31															

**February 2019**

**Total March 2019**

**Total April 2019**

Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min	
					1	2								1	2			1	2	3	4	5	6	
3	4	5	6	7	8	9		3	4	5	6	7	8	9		7	8	9	10	11	12	13		
10	11	12	13	14	15	16		10	11	12	13	14	15	16		14	15	16	17	18	19	20		
17	18	19	20	21	22	23		17	18	19	20	21	22	23		21	22	23	24	25	26	27		
24	25	26	27	28				24	25	26	27	28	29	30		28	29	30						
							31																	

**May 2019**

**Total**

Sun	Mon	Tue	Wed	Thur	Fri	Sat	Min
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	

Complete and turn in to Theresa Dunham @ SEC by  
**January 11 or May 3**

Name \_\_\_\_\_

Building \_\_\_\_\_

Shirt Size \_\_\_\_\_

26	27	28	29	30	31		
----	----	----	----	----	----	--	--

---

Total  
Min


Total  
Min


Total  
Min


