3 DAYS A WEEK WE WANT TO SEE WHAT PHYSICAL ACTIVITY YOU HAVE BEEN DOING. REMEMBER THIS IS IN REPLACE FOR ACTUAL GYM TIME SO PLEASE REMEMBER 30 MINUTES A DAY WOULD BE THE BEST!

Email us your weekly activity log: [cquinn@esboces.org](mailto:cquinn@esboces.org) or [sferguso@esboces.org](mailto:sferguso@esboces.org)

|  |  |  |  |
| --- | --- | --- | --- |
| Day/Date | Activity | Time (how long you worked out) | Intensity  (Easy, Moderate, Hard) |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Tell us what you enjoyed during this week’s activity and what you plan on doing next week.

­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_