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 or sferguso@esboces.org

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| Day/Date | Activity | Time (how long you worked out) | Intensity(Easy, Moderate, Hard) |
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Tell us what you enjoyed during this week’s activity and what you plan on doing next week.

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