2010 Winter Warm-Up – * ACTIVITY LOG

Goals: #1 _____

#2 _____

Jan. 23 – Jan. 29	Activity Entry	Time/ OR	# Steps
Signature:			
Jan. 30 – Feb. 5	**Activity Entry**	**Time/ OR**	**# Steps**
Signature:			
Feb. 6 – Feb. 12	**Activity Entry**	**Time/ OR**	**# Steps**
Signature:			
Feb. 13 – Feb. 19	**Activity Entry**	**Time/ OR**	**# Steps**
Signature:			
Feb. 20 – Feb. 26	**Activity Entry**	**Time/ OR**	**# Steps**
Signature:			

Feb. 27 – Mar. 5	Activity Entry	Time/ OR	# Steps
Signature:			
Mar. 6 – Mar. 12	**Activity Entry**	**Time/ OR**	**# Steps**
Signature:			
Mar. 13 – Mar. 19	**Activity Entry**	**Time/ OR**	**# Steps**
Signature:			
Mar. 20 – Mar. 26	**Activity Entry**	**Time/ OR**	**# Steps**
Signature:			

*** EVERONE receives a Bonus Week!** ***"Super Star" Contest: must walk 8 out of the 10 weeks and present a COMPLETED Activity Log. TURN IN COMPLETED ACTIVITY LOG on 3/20/10 at Lansing Mall, or to Satellite Coordinator, or Fax to Alicia @ 349-8627.***

NOTES: (favorite walking route, things experienced during walk etc.) _____

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