

2008 Winter Warm-Up Activity Log



<i>Week 1</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

<i>Week 4</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

Signature:

Signature:

<i>Week 2</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

<i>Week 5</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

Signature:

Signature:

<i>Week 3</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

Notes

Signature:

Weeks 6-10 on back

2008 Winter Warm-Up Activity Log



<i>Week 6</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

<i>Week 9</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

Signature:

Signature:

<i>Week 7</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

<i>Week 10</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

Signature:

Signature:

<i>Week 8</i>			
<i>Date</i>	<i>Activity Entry</i>	<i>Time</i>	<i># of Steps</i>

Notes

Signature: