Daily Log

Captain’s Name/Phone/Email ____________________________

Directions: Each day, record your minutes of moderate/vigorous activity (and include minutes of strengthening exercises). Give yourself a [check] if you did strengthening exercises that day. Record cups of fruit/vegetables you eat and glasses or ounces of water you drink (this is optional). Every Sunday, report your weekly total of exercise minutes, cups of fruits/vegetables, and number of days you did strengthening exercises to your team captain.

Reminder: If you wear a activity tracker to count steps, you may start counting after you reach 6,000 that day. Report 15 minutes for each 2,000 steps (above the 6,000.)

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>WEEKLY TOTAL</th>
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<tbody>
<tr>
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<td>Min</td>
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</tbody>
</table>

Week #1
- Minutes
- Strengthening
- Fruits & Vegetables
- Water

Week #2
- Minutes
- Strengthening
- Fruits & Vegetables
- Water

Week #3
- Minutes
- Strengthening
- Fruits & Vegetables
- Water

Week #4
- Minutes
- Strengthening
- Fruits & Vegetables
- Water

Week #5
- Minutes
- Strengthening
- Fruits & Vegetables
- Water

Week #6
- Minutes
- Strengthening
- Fruits & Vegetables
- Water

Week #7
- Minutes
- Strengthening
- Fruits & Vegetables
- Water

Week #8
- Minutes
- Strengthening
- Fruits & Vegetables
- Water