



# ACTIVITY LOG

YOUR NAME \_\_\_\_\_

GOAL \_\_\_\_\_ # MIN/DAY

\_\_\_\_\_ # DAY/WEEK



BUDDY'S NAME \_\_\_\_\_

We are so thrilled that you are continuing your favorite activities and exercises. Use this log to track your progress. If you have any questions call us at 795-5990 or email us at [info@healthyandroscoggin.org](mailto:info@healthyandroscoggin.org).

Have fun & keep your body moving...

WEEK 1 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>



**EXERCISE WITH FRIENDS TO MAKE IT MORE FUN!**

WEEK 2 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>



**WHAT WORKS FOR YOU IS THE RIGHT WAY!**

**GET EXCITED ABOUT YOUR FITNESS!**

ANDROSCOGGIN COUNTY OFFERS NUMEROUS ACTIVITIES THAT GET YOU MOVING! CHECK OUT OUR WEBSITE FOR MORE INFORMATION ON TRAILS, 5K RUN-WALKS, NORDIC WALKING GROUPS, AND MORE!

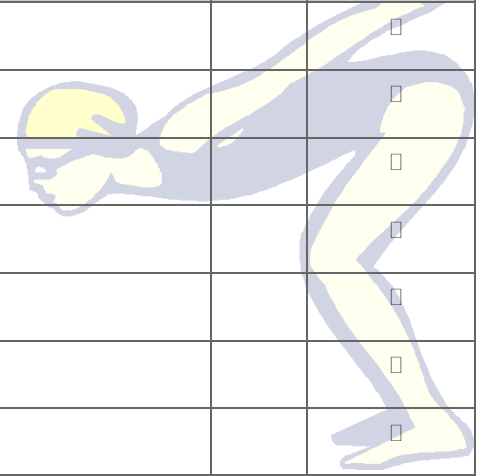
[WWW.HEALTHYANDROSCOGGIN.ORG](http://WWW.HEALTHYANDROSCOGGIN.ORG)



# ACTIVITY LOG



WEEK 3 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>



**HAVING A BUDDY HELPS KEEP YOU MOTIVATED!**

WEEK 4 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>



**YOU'RE DOING GREAT!**

WEEK 5 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>

**DON'T GET DISCOURAGED IF YOU HAVE A SLOW WEEK, JUST KEEP MOVING!**





# ACTIVITY LOG



WEEK 6 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>

**DON'T FORGET TO DRINK WATER!**

WEEK 7 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>

**CONNECT WITH US ON FACEBOOK AND TWITTER FOR MORE INFORMATION.**

WEEK 8 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>

**KEEP UP THE GOOD WORK!**



# ACTIVITY LOG



WEEK 9 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>

**TRY NOT TO DRINK SODA, YOUR MUSCLES WILL THANK YOU!**

WEEK 10 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>

**LIMIT YOUR SCREEN TIME TO 2 HOURS A DAY.**

WEEK 11 -		# MIN	W/BUDDY?
ACTIVITIES (PLEASE PRINT NEATLY)			<input type="checkbox"/>
MONDAY			<input type="checkbox"/>
TUESDAY			<input type="checkbox"/>
WEDNESDAY			<input type="checkbox"/>
THURSDAY			<input type="checkbox"/>
FRIDAY			<input type="checkbox"/>
SATURDAY			<input type="checkbox"/>
SUNDAY			<input type="checkbox"/>

**GETTING ENOUGH SLEEP WILL HELP KEEP YOU HEALTHY!**