



# 2011 ACTIVITY LOG



PARTICIPANT NAME \_\_\_\_\_

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

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

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

## Welcome to Get Fit & Win 2011!

We hope you have a great summer of fun activities and exercising. If you have any questions call us at 795-5990 or email us at [info@healthyandroskoggin.org](mailto:info@healthyandroskoggin.org).

Have fun, get moving and don't forget: **You Move, You Win!** Let's get started...

1ST - WEEK OF MAY 24TH		# 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!

2ND - WEEK OF MAY 30TH		# 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!

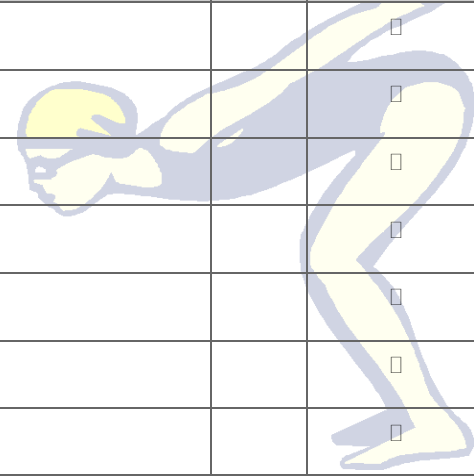
[WWW.HEALTHYANDROSCOGGIN.ORG](http://WWW.HEALTHYANDROSCOGGIN.ORG)



# 2011 ACTIVITY LOG



3RD - WEEK OF JUNE 6TH		# MIN	W/BUDDY? <input type="checkbox"/>
ACTIVITIES (PLEASE PRINT NEATLY)			
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"/>



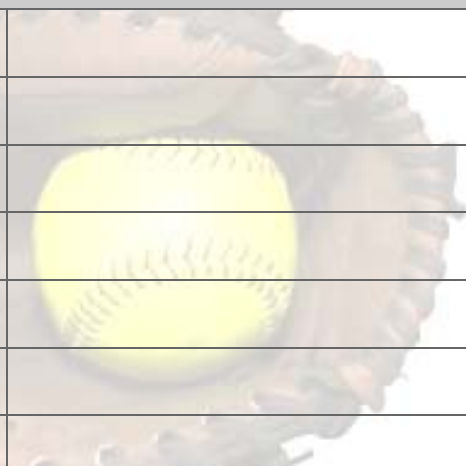
**HAVING A BUDDY HELPS KEEP YOU MOTIVATED!**

4TH - WEEK OF JUNE 13TH		# MIN	W/BUDDY? <input type="checkbox"/>
ACTIVITIES (PLEASE PRINT NEATLY)			
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"/>



**ONE MONTH MARK! YOU'RE DOING GREAT!**

5TH - WEEK OF JUNE 20TH		# MIN	W/BUDDY? <input type="checkbox"/>
ACTIVITIES (PLEASE PRINT NEATLY)			
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"/>





# 2011 ACTIVITY LOG



6TH - WEEK OF JUNE 27TH		# MIN	W/BUDDY? <input type="checkbox"/>
ACTIVITIES (PLEASE PRINT NEATLY)			
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!**

7TH - WEEK OF JULY 4TH		# MIN	W/BUDDY? <input type="checkbox"/>
ACTIVITIES (PLEASE PRINT NEATLY)			
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.**

8TH - WEEK OF JULY 11TH		# MIN	W/BUDDY? <input type="checkbox"/>
ACTIVITIES (PLEASE PRINT NEATLY)			
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"/>

**2 MONTH MARK! KEEP UP THE GOOD WORK!**



# 2011 ACTIVITY LOG



9TH - WEEK OF JULY 18TH		# MIN	W/BUDDY? <input type="checkbox"/>
ACTIVITIES (PLEASE PRINT NEATLY)			
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"/>

10TH - WEEK OF JULY 25TH		# MIN	W/BUDDY? <input type="checkbox"/>
ACTIVITIES (PLEASE PRINT NEATLY)			
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"/>

**CONGRATULATIONS!!**

RETURN ACTIVITY LOG TO HEALTHY ANDROSCOGGIN BY AUGUST 9TH

**MAIL TO:** GET FIT & WIN  
HEALTHY ANDROSCOGGIN  
300 MAIN STREET  
LEWISTON, ME 04240  
**FAX:** 207-795-5992

**DROP OFF AT:**  
130 EAST AVENUE  
YWCA - LOWER LEVEL  
BACK ENTRANCE  
LEWISTON, ME



For prizes provided at the Final Celebration, including all the monetary prizes, you must be present to win. Other prizes will be available throughout the program for those unable to attend the Final Celebration.



**When:** Tuesday, August 16th @ 5:30pm **Location:** Bates Amphitheatre - Behind Olin Arts next to "Lake Andrews" (the pond).

**Rain Location:** Lewiston Middle School Auditorium @ 75 Central Avenue, Lewiston

VERIFICATION:

BY SIGNING BELOW I AM STATING THAT ALL THE INFORMATION I HAVE INCLUDED ON THIS FORM IS CORRECT.

PARTICIPANT SIGNATURE: \_\_\_\_\_