Geneva Gets Fit Physical Exercise Recorder/Calendar

Name: Student Box Number: Staff/Faculty Department Email:

Instructions:
For each day that you accumulate at least 30 minutes of physical activity, fill in the corresponding box below in the calendar. Minutes toward the 30 must be accumulated in at least a 10-minute increment throughout the day.
If your exercise time is more than 30 minutes, put the total amount of minutes in the corresponding box (i.e. 45, 50, 60).

Points awarded toward incentives are based upon both time and intensity:

Leisure type physical exercise – 1 point per minute of exercise **Moderate type** physical exercise and above – 2 points per minute of exercise

In the box under 'total' record the total points you earned for that day and then for the week.

Submit online or ICM completed Recorders to Dr. Kim Gall after each week through the end of the semester. You may begin at any point in the semester.

The goal for the participant is to accumulate at least 30 minutes of moderate physical activity at least 3 days/week for most weeks as a means of promoting physical health.

Week One Month:	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Tot. Wk. Pts.
	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	
Week Two	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Tot. Wk. Pts.
	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	
Week 3	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Tot. Wk. Pts.
	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	
Week 4	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Tot. Wk. Pts.
	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	
Week 5	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Tot. Wk. Pts.
	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	L	M	Tot	

Leisure: (Minutes x 1 point) Walking Strength Training Volleyball Softball/Baseball

Moderate + (Minutes x 2 points): Brisk Walking Biking Jogging/Running Basketball Soccer Ultimate Frisbee Flag Football Hiking Rock Climbing Cross Fit Training