

MOVE & WIN!

ACTIVITY LOG

Each day, log your pedometer steps OR the time you spend in physical activity.

		SUN	MON	TUE	WED	THU	FRI	SAT
Week 1	# of Steps							
	Activity Minutes							
Week 2	# of Steps							
	Activity Minutes							
Week 3	# of Steps							
	Activity Minutes							
Week 4	# of Steps							
	Activity Minutes							

Log your activity at
www.energizeecc.com
to be eligible for prize drawings.

