

# Activity Log

Week One	Week Two	Week Three	Week Four	Week Five
Date:	Date:	Date:	Date:	Date:
Activity:	Activity:	Activity:	Activity:	Activity:
Time:	Time:	Time:	Time:	Time:
Date:	Date:	Date:	Date:	Date:
Activity:	Activity:	Activity:	Activity:	Activity:
Time:	Time:	Time:	Time:	Time:
Date:	Date:	Date:	Date:	Date:
Activity:	Activity:	Activity:	Activity:	Activity:
Time:	Time:	Time:	Time:	Time:
Date:	Date:	Date:	Date:	Date:
Activity:	Activity:	Activity:	Activity:	Activity:
Time:	Time:	Time:	Time:	Time:

### How to use the log:

Fill in the date, time, and activity daily. Remember that the physical activity has to be done for at least 30 minutes a day. If you are a minor you will need to have a parent or guardian initial next to your activity as proof that you did indeed do the activity. **Please consult with your physician before doing any strenuous activity.** When you finish the log you can mail it in to **Parks, Recreation and Community Services Agency.**  
**Attention: SALUD Resource Team, 888 West Santa Ana Blvd,**  
**Santa Ana, CA 92702** and you will receive a Santa Ana Fitness Award.