###### WALK TX AND MORE

###### 10-WEEK CHALLENGE ACTIVITY LOG

 Participant Name:

 Start-Date: End-Date:

 Group Leader: ZIP Code:

Use the chart below to track your daily and weekly points. For Health Benefits, strive to be active 5 or more days a week, at least 30- 60 minutes a day. The duration of exercise may be 30 minutes or 60-minutes, all at once, **or** broken down to 10-minute or 15-minute sessions. Go at your own pace.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Weeks 1-10: | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Total Points per Week:** |
| **1** |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **Total Points:** |  |