

Name: \_\_\_\_\_ Exercise Log for 2nd Quarter, 2011

**Instructions:**

1. Write down what you achieved in your fitness program every day (steps or aerobic miles). If you choose aerobic miles, use Aerobic Miles Chart for converting various activities into aerobic miles located at website: [www.instepforlife.com](http://www.instepforlife.com)
2. At the end of the quarter, place this report sheet in Health Ministries mail slot. May also e-mail total steps to Diedri White at [diedriwhite@southern.edu](mailto:diedriwhite@southern.edu)

Week of	SUN	MON	TUES	WED	THUR	FRI	SAT	WEEKLY TOTAL
Apr 3								
Apr 10								
Apr 17								
Apr 24								
May 1								
May 8								
May 15								
May 22								
May 29								
June 5								
June 12								
June 19								
June 26								
<b>13-Week Total Steps or Aerobic Miles</b>								

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