

This activity log belongs to:



# HELP US GET TO THE MOON!

	ACTIVITY DESCRIPTION	HOW LONG	HOW HARD	NOTES
Example:	1. Walk slowly 2.	20 minutes	Moderate	Schedule walk with friends later in week
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
	<b>Totals:</b>			



**Log your steps and return this sheet to the Mechanicville Library for a chance to win this YoYo Fit Fitness Tracker!**

Winner will be announced on January 31st