

Movement for Improvement Daily Log Form



Movement for Improvement is an 8 week activity based program designed to get or keep you moving. You determine your level of activity. There are 3 activity levels: More Active, Heart Healthy, and Weight Loss. It is super simple! There are no pre-determined or scheduled activities! Individuals participating over the course of 8 weeks will submit minutes of exercise to earn prizes. Exercise is done on your own and an activity log is the only paperwork involved. Exercise is defined as an activity that is harder than what you may do on a daily basis; it is planned, structured, and repetitive.

Exercise Goals:

More Active: minimum of 3 weekly exercise sessions (90 Min. total for week)

Heart Healthy: minimum of 4 weekly exercise sessions (150 Min. total for week)

Weight Loss: minimum of 5 weekly exercise sessions (200 Min. total for week)

* For optimal weight loss you must factor in good nutrition, stress reduction, exercise, and adequate sleep.

Accountability Prize: For weeks 1-7 we will have a drawing for \$10 in Bod Bucks (total of \$70 throughout challenge); participants who submit 60 minutes or more each week will be eligible for the drawing!

Prizes: *Your choice, while supplies last.*

720 total Min. = t-shirt or mayo clinic pamphlet

1200 total Min. = t-shirt, mayo clinic pamphlet, travel blanket, or tool kit

1600 total Min. = Gourmet Trio lunchbox, 3-in-1 Emergency Tool Kit, or travel blanket

Minutes must be submitted online through the given link by Tuesday 9am each week. This fillable/savable chart is provided for easy recording.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	TOTAL
Week #1 June 1-7 Minutes								
Week #2 June 8-14 Minutes								
Week #3 June 15-21 Minutes								
Week # 4 June 22-28 Minutes								
Week #5 June 29-July 5 Minutes								
Week #6 July 6-12 Minutes								
Week 7 July 13-19 Minutes								
Week 8 July 20-26 Minutes								
TOTAL FOR 8 WEEK PROGRAM								

PLEASE TURN IN CHART TO coletta.meyer@washburn.edu
BY JULY 30th 9:00AM TO BE ELIGIBLE FOR PRIZES!