Move More Activity Log

Total mileage recorded:	
Total steps recorded:	
Total time recorded:	

Date	Activity Description	Notes	Steps	Mileage	Time (min.)
3/16/2003	EXAMPLE - Walking break at work			2.0	
3/17/2003	EXAMPLE - Bike to work				25.00
3/20/2003	EXAMPLE - Walking Club	Used new work pedometer!	800.0		

For more ideas and tips for moving more during the day, you can find information at:
www.eatsmartmovemorenc.com

To use this log:

**** Clear Contents of the Example Activities Before Using! (Highlight the cells, right click, and select clear contents)**

1. Enter in the date and a description of your activity (i.e. walking, running, biking, etc.)
2. Make any notes about your activity that you would like to remember later (a route you enjoyed, how new shoes felt, etc.
3. Record your activity by tracking either your steps (using a pedometer), your mileage, or your time (in minutes)
4. The total colums at the top of the Log will automatically add up your totals for you