

LIFE Program Physical Activity Log

2024 – 2025

Check the box that applies and fill in total points each week.

WEEK OF:	Exercised @ least 30 minutes on 3 different days of week for ½ point....	Exercised @ least 30 minutes on 4 different days of week for 1 point....	Type of Exercise or Activity	Total # of points for the week...	Initial each week
07/01/2024					
07/08/2024					
07/15/2024					
07/22/2024					
07/29/2024					
08/05/2024					
08/12/2024					
08/19/2024					
08/26/2024					
09/02/2024					
09/09/2024					
09/16/2024					
09/23/2024					
09/30/2024					
10/07/2024					
10/14/2024					
10/21/2024					
10/28/2024					
11/04/2024					
11/11/2024					
11/18/2024					
11/25/2024					
12/02/2024					
12/09/2024					
12/16/2024					
12/23/2024					

WEEK OF:	Exercised @ least 30 minutes on 3 different days of week for ½ point....	Exercised @ least 30 minutes on 4 different days of week for 1 point....	Type of Exercise Or Activity	Total # of points for the week...	Initial each week
12/30/2024					
01/06/2025					
01/13/2025					
01/20/2025					
01/27/2025					
02/03/2025					
02/10/2025					
02/17/2025					
02/24/2025					
03/03/2025					
03/10/2025					
03/17/2025					
03/24/2025					
03/31/2025					
04/07/2025					
04/14/2025					
04/21/2025					
04/28/2025					
05/05/2025					
05/12/2025					
05/19/2025					
05/26/2025					
06/02/2025					
06/09/2025					
06/16/2025					
06/23/2025					

When you have earned at least 5 LIFE Points, you can send the activity log to Kristina Loughborough, kloughborough@maconnc.org or Jen Germain, jgermain@maconnc.org at Macon County Public Health. You can turn in a log several times throughout the year. **Total point accumulation is 52 Points.** Each time you turn in your log, however, **you must have at least 5 LIFE Points in order to receive a LIFE Points voucher.**

I hereby affirm that I fulfilled the requirements for the LIFE Physical Activity Log.



Name: _____

Department: _____