

LIFE Program Physical Activity Log

2025 – 2026

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
07/01/2025					
07/07/2025					
07/14/2025					
07/21/2025					
07/28/2025					
08/04/2025					
08/11/2025					
08/18/2025					
08/25/2025					
09/01/2025					
09/08/2025					
09/15/2025					
09/22/2025					
09/29/2025					
10/06/2025					
10/13/2025					
10/20/2025					
10/27/2025					
11/03/2025					
11/10/2025					
11/17/2025					
11/24/2025					
12/01/2025					
12/08/2025					
12/15/2025					
12/22/2025					

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
12/29/2025					
01/05/2026					
01/12/2026					
01/19/2026					
01/26/2026					
02/02/2026					
02/09/2026					
02/16/2026					
02/23/2026					
03/02/2026					
03/09/2026					
03/16/2026					
03/23/2026					
03/30/2026					
04/06/2026					
04/13/2026					
04/20/2026					
04/27/2026					
05/04/2026					
05/11/2026					
05/18/2026					
05/25/2026					
06/01/2026					
06/08/2026					
06/15/2026					
06/22/2026					

When you have earned at least 5 LIFE Points, you can send the activity log to Kristina Loughborough, kloughborough@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: _____