





Directions for Log Sheet

Please record your minutes of physical activity in **minutes per day** Monday-Sunday
Go to www.cdc.gov for recommendations for youth



Adults need at least:

	2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and
	muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

	1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and
	muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

	An equivalent mix of moderate- and vigorous-intensity aerobic activity and
	muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Any of the “Extras” like mini challenges, square mile challenge, and the lunch and learn are optional. If you participate in them you can give yourself 30 minutes for that day and add that to your weekly total.

Mini Challenge (Mini Chal): We will be having 7 mini challenges for you to participate in for extra minutes to add to your log sheet. Please see the attached flyer with the mini challenge information. If you choose to participate in the mini challenges each week you will give yourself 30minutes on the days each week you participate.

Square Mile (S. Mile): Every Wednesday during Shape Up you can go to the West Plains downtown square and walk the “Square Mile” challenge. Please see the attached flyer for more information.

Lunch and Learn (L & L): Every Thursday during Shape Up you can bring your lunch to the University Extension office on 217 S. Aid Ave and there will be speakers on various topics related to physical activity and nutrition. Lunch & Learn will start at 12:15 and end at 12:50 for individuals who work.