

SHAPE UP WEST PLAINS

Exercise Log Sheet in minutes per day

Mini Challenge, Square Mile, and Lunch Learn are all worth extra credit=30 minutes

Week 1	Date	Oct 5-11		
	Weight	_____		
	Minutes	Mini Chal	S. Mile	L & L
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total				

Week 5	Date	Nov 2-8		
	Weight	_____		
	Minutes	Mini Chal	S. Mile	L & L
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total				

Participants can meet on the square every Wednesday at 12:15 pm to walk the "Square Mile"

Week 2	Date	Oct 12-18		
	Weight	_____		
	Minutes	Mini Chal	S. Mile	L & L
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total				

Week 6	Date	Nov 9-15		
	Weight	_____		
	Minutes	Mini Chal	S. Mile	L & L
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total				

Every Thursday will be "Lunch & Learn" topics on fitness & nutrition from 12:15-12:50 p.m.

Week 3	Date	Oct 19-25		
	Weight	_____		
	Minutes	Mini Chal	S. Mile	L & L
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total				

Week 7	Date	Nov 16-22		
	Weight	_____		
	Minutes	Mini Chal	S. Mile	L & L
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total				

Week 4	Date	Oct 26-Nov 1		
	Weight	_____		
	Minutes	Mini Chal	S. Mile	L & L
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total				

You can turn in your log sheet at the Howell Co Health Dept
 180 S. Kentucky Ave **or**
 University Extension Office
 217 S. Aid Ave **or**
 MSU Aquatic & Wellness Center (Civic Center)
 110 St. Louis Street **or**
 Go to www.howellcountyhealthdept.com and click on
 the Shape Up link and email your total minutes for all
 7 weeks-Thanks for participating and you will be
 notified if you win a prize!
 Be sure to watch the newspaper for a 5K Run/ Walk
 at the end of Shape Up!

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