

National Fitness Hall of Fame Fitness Fanatic's Log - 2022

(Keep track of your exercise & fitness activity minutes for 21 consecutive days)



Name:

Team Name:

Hall of Fame Recognition: GOLD = 1,500+ min / SILVER = 750 - 1,499 min / BRONZE = up to 749 min

Instructions: Perform any exercise (at home, outside or at the gym) or any physical fitness activity or sport and keep track of your minutes. Use this recording log to chart your progress and keep you focused on your goals. **Record the exercise or activity minutes that you perform along with the total # of minutes per day for 21 consecutive days.** When you are finished, submit your results at our contest webpage. Go to www.nationalfitnesshalloffame.com – Fanatics Contest (2022)

| Start Date: | Running or Walking (example) | Weightlifting (example) | Group Exercise (example) | Cross Training / Sports / Other | Total Minutes Per Day |
|---------------------------------|---------------------------------|----------------------------|-----------------------------|------------------------------------|--------------------------|
| Enter day below | 15 minutes | 15 minutes | Yoga class – 45 min | --- | 75 |
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| 18 | | | | | |
| 19 | | | | | |
| 20 | | | | | |
| 21 | | | | | |
| Total up the minutes here -> | | | | | |