

# Chancellor's Challenge

## Personal Activity Log



Name: \_\_\_\_\_  
 Team \_\_\_\_\_  
 Captain: \_\_\_\_\_  
 Personal Point Goal: \_\_\_\_\_

October 2006

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Point Totals
M	1	2	3	4	5	6	7	
P					Physical Activity for the Mind		Alzheimer's Memory Walk	
M	8	9	10	11	12	13	14	
P					👤	Siskin Rebounders vs. UTC Physical Therapy/OT	Hamilton County Heart Walk America's Walk For Diabetes	
M	15	16	17	18	19	20	21	
P			Historical Hike		Chancellor's Choice Incentive			
M	22	23	24	25	26	27	28	
P		Fall Break	Fall Break			👤	Chancellor's Mini-Triathlon	
M	29	30	31					
P								Monthly Point Total

**Record your points each day.**

10 minutes of sustained moderate to vigorous intensity physical activity equals 1 point.

M= Minutes of moderate to vigorous physical activity completed

P= Points earned

👤 = Submit your points to your team captain