

Chancellor's Challenge

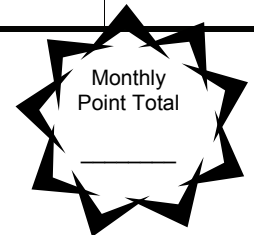
Personal Activity Log



Name: _____
 Team _____
 Captain: _____
 Personal Point Goal: _____

September 2006

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Point Totals
M				Student Rally 7-9 PM 6	Faculty/Staff Rally 12-1 PM 7	8	9	
P								
M	10	11	12	Open House PA Center 13	14	15	16	
P								
M	17	18	Historical Hike 19	20	21	Physical Activity for the Mind 22	23	
P								
M	Race for the Cure 24	25	Chancellor's Choice Incentive 26	27	UTC Health Fair 28	29	30	
P								



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