

Walk Across Williamson

Instructions for using the activity log

Each day, record the number of minutes you are physically active. Physical activity may include, but is not limited to, time at PE, sports teams or individual lessons, gym workouts and/or walking.

1,800 minutes of physical activity during the month of March is equivalent to walking across Williamson County.

At the end of the month, calculate the **total** number of minutes you were physically active.

Students, parents, and teachers should submit completed logs by **Thursday, April 2nd** to the designated teacher at your school.

Community members may submit logs by **Friday, April 3rd** to the Williamson County Health Department via fax (615.790.5967) or email patricia.norem@tn.gov

To learn more about *Walk across Williamson* or access fitness logs (electronic and paper), go to <http://www.fssd.org> or <http://www.wcs.edu/csh/wxw.htm>

March 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Attendance at Kickoff _____ Name of Park/School _____ (60 bonus minutes)
1 _____ Minutes	2 _____ Minutes	3 _____ Minutes	4 _____ Minutes	5 _____ Minutes	6 _____ Minutes	7 _____ Minutes
8 _____ Minutes	9 _____ Minutes	10 _____ Minutes	11 _____ Minutes	12 _____ Minutes	13 _____ Minutes	14 _____ Minutes
15 _____ Minutes	16 _____ Minutes	17 _____ Minutes	18 _____ Minutes	19 _____ Minutes	20 _____ Minutes	21 _____ Minutes
22 _____ Minutes	23 _____ Minutes	24 _____ Minutes	25 _____ Minutes	26 _____ Minutes	27 _____ Minutes	28 _____ Minutes
29 _____ Minutes	30 _____ Minutes	31 _____ Minutes		Total: _____		

Name _____ Circle One: Community | School | County Employee

School Team (if applicable) _____ Circle Age Group: Youth (4-18) | Adult (19-54) | Senior (55+)

Tea