

# Summer Physical Activity Challenge 2018



## WEEKLY TRACKING LOG

My **weekly goal** for physical activity is:

- 150 minutes moderate intensity activity (Adults)
- 300 minutes moderate intensity activity (Students)

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
1						June 1	2	
2	3	4	5	6	7	8	9	
3	10	11	12	13	14	15	16	
4	17	18	19	20	21	22	23	
5	24	25	26	27	28	29	30	
6	July 1	2	3	4	5	6	7	
7	8	9	10	11	12	13	14	
8	15	16	17	18	19	20	21	
9	22	23	24	25	26	27	28	
10	29	30	31	Aug 1	2	3	4	
11	5	6	7	8	9	10	11	
12	12	13	14	15	16	17	18	
13	19	20	21	22	23	24	25	
14	26	27	28	29	30	31		
<b>Total Minutes</b>								

Return completed tracking log to the Forest County Health Department to receive a gift and for a chance to win a \$100 prize.

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

- I give permission to publicize my name as part of the promotion of the program.

Visit the Forest County Health Department's website for more information [www.forestcountypublichealth.org](http://www.forestcountypublichealth.org)



Follow us on Facebook for updates and opportunities to reach your goal!

*Forest County Health Department*

## Physical Activity Resources

- Walking trails, community events, 5k Run/Walks – [www.goforestcounty.com](http://www.goforestcounty.com)
- Printable Walking Trail brochure – <http://forestcountypublichealth.org/wp-content/uploads/2017/05/Trails-2017.pdf>
- Printable Canoe Trail brochure— <http://forestcountypublichealth.org/wp-content/uploads/2017/05/canoe-trails-brochure-2017.pdf>
- Wisconsin Trail Etiquette guidelines— <http://dnr.wi.gov/files/PDF/pubs/pr/PR0472.pdf>
- DNR— [www.dnr.wi.gov](http://www.dnr.wi.gov)

**\*Be sure to speak with your provider prior to starting this physical activity challenge to ensure that it safe to do so.**

**Make sure to bring water, sunscreen, and a small snack with you while walking or biking.**

**Also, remember to check yourself and your family for ticks!**

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## *Recommended Physical Activity*

**For Adults:** At least 30 minutes of moderate-intensity aerobic activity each day = 150 minutes per week

At least 25 minutes of vigorous aerobic activity 3 times per week = 75 minutes

Muscle strengthening activity at least 2 days per week

**For children and young people:** Aim for at least 60 minutes per day, include muscle and bone strengthening 3 times per week.

For more information visit the Centers for Disease Control and Prevention at <https://www.cdc.gov/physicalactivity/basics/index.htm>

## **Other Ways to Stay Healthy**

See your health care provider for regular check-ups

Get plenty of sleep- at least 8 hours

Drink plenty of water every day- at least 8 glasses

Eat 5 servings of fruits and veggies every day

Limit your extra time spent on screen time-phones, TV, computers

Reduce unhealthy activities like smoking or drinking

Connect with family and friends who want to make a change