



#HLTV2020 LOG BOOK

*150 minutes a week for 3 weeks. Any activity, any time, any place.
Stay the blazes MOVING. Be WELL!*

[Move your cursor to the area (in blue) where you need to enter information, click & a text field will appear. Enter your information, the totals will calculate automatically.]

YOUR NAME: _____

The Challenge Period: July 11 - 31. Record your daily physical activity (PA) in minutes and total them for the week.

*If you are new to physical activity start slow and gradually increase time & effort.
If you have any medical concerns consult your physician first.*

WK 1	Minutes of PA	WK 2	Minutes of PA	WK 3	Minutes of PA
July 11		July 18		July 25	
July 12		July 19		July 26	
July 13		July 20		July 27	
July 14		July 21		July 28	
July 15		July 22		July 29	
July 16		July 23		July 30	
July 17		July 24		July 31	
TOTAL		TOTAL		TOTAL	
			3 WEEK GRAND	TOTAL	

My main physical activities are: 1. _____

2. _____ 3. _____

Get moving in your Heartland t-shirt, take photos and share to #HLTV2020. No photos of children other than your own please.

Please join us in thanking the sponsors who made the 2020 Tour possible.

