



EXERCISE TRACKING LOG

- *Must exercise a minimum of **360 minutes per month**. Total your minutes below.*
- *Casual walking, lite yardwork, or house cleaning does not count as exercise. You must **intentionally** do exercise, go on a walk, swim laps, go to a fitness center, yardwork (ex. Raking leaves), etc.*
- *If you belong to a gym, you may turn in a print out of your attendance instead of this form.*
- *Complete this form for every day of the month that you exercise. Use a new form for each month.*
- *Pony/email this form/gym print out at the end of each month to **Mark Dionisio (Risk Management)**.*
- *You must have **Florida Blue insurance with the District** to participate.*

<u>Exercise Description</u>	<u>Minutes</u>	<u>Date</u>

Print Full Name

Work Location

Total Minutes = _____
(360 minimum)

