EXERCISE LOG

CLUBHOUSE MAGAZINE 2016 SUMMER CHALLENGE

EXERCISE TO EDUCATE

Adventures in ODYSSEY CLUBHOUSE

(YOUR NAME) _____

(YOUR ADDRESS) _____

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY						COUNT UP HOW MANY POINTS YOU EARNED EACH WEEK. WRITE IT HERE.
	BIKING	SOCCER	SWIMMING	WALKING	OTHER	TOTAL POINTS	BIKING	SOCCER	SWIMMING	WALKING	OTHER	TOTAL POINTS	BIKING	SOCCER	SWIMMING	WALKING	OTHER	TOTAL POINTS	BIKING	SOCCER	SWIMMING	WALKING	OTHER	TOTAL POINTS	BIKING	SOCCER	SWIMMING	WALKING	OTHER	TOTAL POINTS	BIKING	SOCCER	SWIMMING	WALKING	OTHER	TOTAL POINTS	BIKING	SOCCER	SWIMMING	WALKING	OTHER	TOTAL POINTS	
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WEEK 13																																										

Track your points for the "Exercise to Educate" challenge on this chart, and send it in at the end of the summer to: Exercise to Educate, Attn: *Clubhouse* Magazine, 8605 Explorer Dr., Colorado Springs, CO 80920. Be sure to include your name, age and mailing address. Remember, you get one point for every 20 minutes of exercise, and a maximum of 6 points per day.

I EARNED _____ TOTAL POINTS IN THE 2016 CLUBHOUSE SUMMER CHALLENGE!