



## 2026 Fitness Challenge Activity Logs Packet

Name of Participant: \_\_\_\_\_

| Week 1<br>(April 6-12th) | Activity | Minutes |
|--------------------------|----------|---------|
| Monday                   |          |         |
| Tuesday                  |          |         |
| Wednesday                |          |         |
| Thursday                 |          |         |
| Friday                   |          |         |
| Saturday                 |          |         |
| Sunday                   |          |         |
| TOTAL MINUTES            |          |         |



## 2026 Fitness Challenge Activity Logs Packet

Name of Participant: \_\_\_\_\_

| Week 2<br>(April 13-19th) | Activity | Minutes |
|---------------------------|----------|---------|
| Monday                    |          |         |
| Tuesday                   |          |         |
| Wednesday                 |          |         |
| Thursday                  |          |         |
| Friday                    |          |         |
| Saturday                  |          |         |
| Sunday                    |          |         |
| TOTAL MINUTES             |          |         |



## 2026 Fitness Challenge Activity Logs Packet

Name of Participant: \_\_\_\_\_

| Week 3<br>(April 20-26th) | Activity | Minutes |
|---------------------------|----------|---------|
| Monday                    |          |         |
| Tuesday                   |          |         |
| Wednesday                 |          |         |
| Thursday                  |          |         |
| Friday                    |          |         |
| Saturday                  |          |         |
| Sunday                    |          |         |
| TOTAL MINUTES             |          |         |



## 2026 Fitness Challenge Activity Logs Packet

Name of Participant: \_\_\_\_\_

| Week 4<br>(April 27th - May 3rd) | Activity | Minutes |
|----------------------------------|----------|---------|
| Monday                           |          |         |
| Tuesday                          |          |         |
| Wednesday                        |          |         |
| Thursday                         |          |         |
| Friday                           |          |         |
| Saturday                         |          |         |
| Sunday                           |          |         |
| TOTAL MINUTES                    |          |         |



## 2026 Fitness Challenge Activity Logs Packet

Name of Participant: \_\_\_\_\_

| Week 5<br>(May 4-10th) | Activity | Minutes |
|------------------------|----------|---------|
| Monday                 |          |         |
| Tuesday                |          |         |
| Wednesday              |          |         |
| Thursday               |          |         |
| Friday                 |          |         |
| Saturday               |          |         |
| Sunday                 |          |         |
| TOTAL MINUTES          |          |         |



## 2026 Fitness Challenge Activity Logs Packet

Name of Participant: \_\_\_\_\_

| Week 6<br>(May 11-17th) | Activity | Minutes |
|-------------------------|----------|---------|
| Monday                  |          |         |
| Tuesday                 |          |         |
| Wednesday               |          |         |
| Thursday                |          |         |
| Friday                  |          |         |
| Saturday                |          |         |
| Sunday                  |          |         |
| TOTAL MINUTES           |          |         |



## 2026 Fitness Challenge Activity Logs Packet

Name of Participant: \_\_\_\_\_

| Week 7<br>(May 18-24th) | Activity | Minutes |
|-------------------------|----------|---------|
| Monday                  |          |         |
| Tuesday                 |          |         |
| Wednesday               |          |         |
| Thursday                |          |         |
| Friday                  |          |         |
| Saturday                |          |         |
| Sunday                  |          |         |
| TOTAL MINUTES           |          |         |



## 2026 Fitness Challenge Activity Logs Packet

Name of Participant: \_\_\_\_\_

| Week 8<br>(May 25th-31st) | Activity | Minutes |
|---------------------------|----------|---------|
| Monday                    |          |         |
| Tuesday                   |          |         |
| Wednesday                 |          |         |
| Thursday                  |          |         |
| Friday                    |          |         |
| Saturday                  |          |         |
| Sunday                    |          |         |
| TOTAL MINUTES             |          |         |