Fitting in Fitness Challenge

Workout Log

Use this log to record your workout time for each week.

How Do I Submit My Workout Time Each Week?

- On **Monday morning** of each week calculate the total time you spent working out from Monday –Sunday in minutes.
- Email the total number of workout minutes to univwellness@etsu.edu with your name and department.
- For the Subject of the email use "Fitting in Fitness" and the total number of minutes.

Week One

March 14th to March 20th	Workout Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Total	

Week Two

March 21st to March 27th	Workout Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Total	

Week Three

March 28th to April 3rd	Workout Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Total	

Week Four

April 4th to April 10th	Workout Minutes
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Weekly Total	