Living Better, Together.
St. Lucie Public Schools Wellness Program

EXERCISE TRACKING LOG

- *Must exercise a minimum of **12 times per month** for at least **30 minutes total in a day.***
- *Casual walking, yardwork, or house cleaning does not count as exercise. You must intentionally do exercise, go on a walk, swim laps, rock climb, 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.***

Exercise Description	Minutes	Date
Ex: (treadmill, weights, exercise video)	30	06/01/2020

Print Full Name | Work Location | Date of Birth (mm/dd/yy)