


Healthy Mind



Healthy Body

Name: Doe, John

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Team Name: The Rec Rats

| Date | Type of Exercise or Personal Time Completed /Name of Workshop or Group Fitness Completed | Time In/Out | Point Value | Staff Initials |
|------|---|----------------|----------------|-------------------|
|------|---|----------------|----------------|-------------------|

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|----------|-----------------------------|-----------|----|-----|
| 02/13/06 | Resistance Training | 3-4 | 10 | ET |
| 02/14/06 | Healthy Lifestyles Workshop | 11:45a-1 | 10 | SC |
| 02/14/06 | Cardio Training | 2-3:15 | 10 | EWD |
| 02/15/06 | Resistance Training | 3-4 | 10 | HA |
| 02/16/06 | Cardio Kickboxing | 7a-7:45 | 5 | TB |
| 02/17/06 | Resistance Training | 11a-12:00 | 10 | KY |
| 02/17/06 | Cardio Training | 12-12:45 | 5 | GL |
| 02/17/06 | PiYo | 1:30-2:15 | 5 | NC |
| 02/18/06 | Indoor Cycling | 3-3:45 | 5 | JM |
| 02/19/06 | Swimming (Personal) | 12-1:00 | 10 | N/A |