



FIT FEBRUARY CHALLENGE LOG SHEET 2021



Send us your completed log sheets by Friday, March 5th for a chance to win a \$50 gift card (4 winners will be announced on March 8th!) Eligible raffle winners must complete 30 minutes of physical activity at least 3 days per week in each week of February. **Email log sheets to:** kdavenport@somersworth.com or mpotter@somersworth.com **OR by mail to:** 1 Government Way, Somersworth, NH 03878.

Participant Name: _____ Age: _____

Phone Number: _____ Email: _____

DATE	TYPE OF ACTIVITY	MINUTES OF ACTIVITY
1-Feb		
2-Feb		
3-Feb		
4-Feb		
5-Feb		
6-Feb		
7-Feb		
8-Feb		
9-Feb		
10-Feb		
11-Feb		
12-Feb		
13-Feb		
14-Feb		
15-Feb		
16-Feb		
17-Feb		
18-Feb		
19-Feb		
20-Feb		
21-Feb		
22-Feb		
23-Feb		
24-Feb		
25-Feb		
26-Feb		
27-Feb		
28-Feb		
	TOTAL MINUTES:	

Participant Signature: _____

Parent/Guardian Signature if participant is under 18: _____

