



WALK TEXAS ACTIVE AUSTIN

10-Week Challenge Activity Log

Use chart below to track points. For Health Benefits, strive to be active 5 days a week or more, at least 30- 60 minutes a day. 30 minutes / 60-minute durations can be all at once, or broken down to 10-minute or 15-minute sessions. Go at your own pace.

Week:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Points per Week
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
							Total Points:	

What are your fitness goals per Week: Use **SMART** goal formula: Specific, Measurable, Attainable, Realistic, and Time-related. *Ex.: Each week, I will include 30 minutes of walking each day, Monday, Wednesday and Friday, at 6:30 AM, in my neighborhood. On Tuesdays and Thursdays, I will swim for 30 minutes or more at Barton Springs Pool at 5:30 PM.*

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Name:

Day, Date, Time, Site where your 10-Week Challenge Begins:

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Group Leader Name

What do you hope to accomplish by the end of the 10-Week Challenge:
Try to focus on number of minutes of physical activity. Weight loss and other benefits will follow, if you are active, but may take longer than 10 weeks to achieve.

Group Leader contact information

What are your fitness goals after you complete the 10-Week Challenge: (*SMART goals*)

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