

# HEART MONTH FITNESS LOG

Complete 150 minutes of physical activity per week in February and win! Bring your completed log to the Atchison Family YMCA/Cray Community Center on Sunday, March 2nd at 2pm for our Heart Month Finale and Community Walk and get entered into the Grand Prize Drawing for a fitness tracker!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Feb 1						
Week 2							
Week 3							
Week 4							Feb 28

**Name:** \_\_\_\_\_

**Phone#:** \_\_\_\_\_ **Email:** \_\_\_\_\_