

# Walking Through Florida ... one step at a time



... a fun, friendly  
competition  
promoting physical  
activity and personal  
wellness

## Individual Activity Log

Name
Team Name

### Directions:

Record the amount of time in minutes that you spend engaged in aerobic physical activity each day. Long onto the Walking Through Florida website and record the previous week's physical activity time by 11:59 p.m. each Wednesday. (<http://www.leoncountyfl.gov/walk/>)

You may also report any successes you have had such as feeling better, sleeping better, losing weight, watching less television etc... at the Success Stories link.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
<b>Total</b>								

Put on your walking shoes, gather up a few co-workers and join ...

**WALKING THROUGH FLORIDA 2016**



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