



# Worksite Physical Activity Incentive Program Log

## Thanks To Our Sponsors

Healthy Buncombe – The Physical Activity and Nutrition Coalition  
The Biltmore Company  
Buncombe County Health Center  
Wellness Council of Western North Carolina  
CarePartners Health Services  
City of Asheville  
YMCA of Western North Carolina

## Instructions

To successfully complete this contest, you must complete an average of 150 minutes of activity per week. You may record as many minutes per week as you desire, **but you must record activity on at least 3 days each week.** Turn in your activity log to your Coordinator at the end of the program to be eligible for prizes. Almost any activity that has you moving is acceptable for this program. Contact your coordinator for an example list of acceptable activities.

### Prizes Include:

- ✓ Pedometers
- ✓ T-Shirts
- ✓ Water Bottles
- ✓ Gift Certificates...and more!
- ✓ And the GRAND PRIZE: Weekend Getaway in WNC!

**This Log Belongs To:**

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

Worksite: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

The Program Begins: \_\_\_\_\_

The Program Ends: \_\_\_\_\_

<b>Week</b>	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>TOTAL</b>
<b>1</b>								
<b>2</b>								
<b>3</b>								
<b>4</b>								
<b>5</b>								
<b>6</b>								
<b>7</b>								
<b>8</b>								
<b>9</b>								
<b>10</b>								
<b>11</b>								

**TOTAL MINUTES OF ACTIVITY:** \_\_\_\_\_

**Congratulations!! You have completed the MOVEABOUT incentive program.**

Please turn in your activity log by: \_\_\_\_\_

To your Worksite Coordinator: \_\_\_\_\_