

# LIVSMART | 360° EXERCISE LOG 1

DATE RANGE: \_\_\_\_\_

NAME: \_\_\_\_\_

COMPANY & LOCATION: \_\_\_\_\_

PHONE #: \_\_\_\_\_ EMPLOYEE  SPOUSE

A 12 week exercise log can be completed at any time during the year to count as one (1) of your required LIVSMART campaigns and must be submitted on or before November 30th by fax or email.

WEEK 1	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:
WEEK 2	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:
WEEK 3	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:
WEEK 4	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:

# LIVSMART | 360° EXERCISE LOG 2

DATE RANGE: \_\_\_\_\_

NAME: \_\_\_\_\_

COMPANY & LOCATION: \_\_\_\_\_

PHONE #: \_\_\_\_\_ EMPLOYEE  SPOUSE

A 12 week exercise log can be completed at any time during the year to count as one (1) of your required LIVSMART campaigns and must be submitted on or before November 30th by fax or email.

WEEK 1	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:
WEEK 2	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:
WEEK 3	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:
WEEK 4	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:

# LIVSMART | 360° EXERCISE LOG 3

DATE RANGE: \_\_\_\_\_

NAME: \_\_\_\_\_

COMPANY & LOCATION: \_\_\_\_\_

PHONE #: \_\_\_\_\_ EMPLOYEE  SPOUSE

A 12 week exercise log can be completed at any time during the year to count as one (1) of your required LIVSMART campaigns and must be submitted on or before November 30th by fax or email.

WEEK 1	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:
WEEK 2	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:
WEEK 3	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:
WEEK 4	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:	MINUTES:
	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE:	DISTANCE: