LIVESMART | 360° EXERCISE LOG 1

DAT	ER	ANG	iΕ:	
		<i>,</i> , , , , ,		

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 LIVE**SMART** campaigns and must be submitted on or before November 30th by fax or email.

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

Phone: 888·501·1252 | www.livesmartoni.com | livesmart@onealind.com | Fax: 205·978·3760

LIVESMART | 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 LIVE**SMART** campaigns and must be submitted on or before November 30th by fax or email.

| | ACTIVITY: |
|--------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| WEEK 1 | MINUTES: |
| | DISTANCE: |
| | ACTIVITY: |
| WEEK 2 | MINUTES: |
| | DISTANCE: |
| | ACTIVITY: |
| WEEK 3 | MINUTES: |
| > | DISTANCE: |
| | ACTIVITY: |
| WEEK 4 | MINUTES: |
| | DISTANCE: |

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LIVESMART | 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 LIVE**SMART** campaigns and must be submitted on or before November 30th by fax or email.

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

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