

**Instructions:** Enter daily minutes (Min) of physical activity replacing the "0" in the appropriate "Weekly" column. The form is set to

Individual Minutes Log - TTU Faculty & Staff Fitness Challenge																
Name:																
Team Name:																
	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6		Week 7		Week 8	
	Min		Min	F&V	Min		Min	H2O	Min		Min	Sleep	Min		Min	
Monday																
Tuesday																
Wednesday																
Thursday																
Friday																
Saturday																
Sunday																
Total Minutes of Physical Activity:																
<b>Total Minutes of Physical Activity during 8 weeks =</b>																

- 1 bonus point/day:
- Week 2  
3 or more fruits/veggies
- Week 4  
48+ oz water
- Week 6  
7+ hours of sleep