



# MAGNOLIA MOVES

## Activity Challenge

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

Email or Phone Number: \_\_\_\_\_

Age Group:  13-19  20-34  35-49  50-64  65+

**Instructions:** Record your physical activities each day. Log the type of activity, total minutes of exercise, and step count (optional).

Day	Activity	Minutes	Steps (Optional)
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
TOTALS			

### Weekly Drawing Entry

I would like to be included in this week's prize drawing:

- Yes, please enter me in the weekly drawing!
- No, I do not wish to be entered at this time