

2023 Fall into Fitness Challenge



Directions: Log the total time (in minutes) of your physical activity for each day. As you enter your daily numbers, the weekly totals are automatically tallied. At the bottom of the spreadsheet, your running total will automatically calculate to show how many minutes of physical activity you have completed during the challenge. **This form is only for your convenience to note your minutes - you still need to enter your information into the online Fizikaflex app: <https://app.fizikaflex.com>**

REMEMBER - For this Challenge, physical activity is defined as *planned, purposeful* physical activity performed *with the intention of acquiring fitness or other health benefits*. A minimum of 15 minutes of physical activity must be performed in order to count towards the challenge.

Week 1 (10/22-10/28)

Day	Minutes of Activity
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Total	0

Week 2 (10/29-11/4)

Day	Minutes of Activity
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Total	0

Week 3 (11/5-11/11)

Day	Minutes of Activity
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Total	0

Week 4 (11/12-11/18)

Day	Minutes of Activity
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Total	0

Week 5 (11/19-11/25)

Day	Minutes of Activity
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Total	0

Week 6 (11/26-12/2)

Day	Minutes of Activity
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Total	0

Overall Total: