



# Activity Tracking Form

Log your walking time (minutes) OR steps on the activity tracking log and submit to the Station the following week to be submitted into the weekly raffle.

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
Example of steps walked	3,134	5,023	3,001	4,533	2,685	2,943	5,322	<b>26,641</b>
Example of minutes of physical activity	20	35	25	30	20	20	40	<b>190</b>
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
<b>Total</b>								

**Have questions?** Please contact Buster Bread at (405) 793-5090 or email at [bbread@cityofmoore.com](mailto:bbread@cityofmoore.com)

