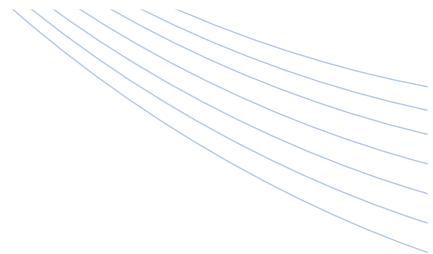




A UnitedHealthcare Company

Get Up and Move Individual Activity Log



Directions: Record total activity points for the day in each designated box. Use the **Activity Points Chart** to find activity point values. You must tally your own points and then report your total to your team captain by the Monday following each week. If points are not reported by that time, they will not count toward your team's total.

Name:	
Team Name:	
E-mail:	Phone:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Total
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								
WEEK 6								
Total:								

Activity Points Chart

These charts contain various physical activities that can be used to fill out the tracking log above. The right-hand column indicates how much time you must perform the activity to earn the corresponding points for that activity. If you engage in an activity for longer than the minimum time, you can earn additional points by adding half the point value for every additional 10 minutes of exercise (see example to right).

Example:
I went running for 30 minutes today
20 min. at 4pts + 10 min. at 2pts = 6pts total

FITNESS ACTIVITY	20 MIN.
Aerobic exercise to music	4
Backpacking	3
Bicycling	4
Bowling	½
Canoeing or rowing	3
Dancing	3
Golf (carrying bag or pulling cart)	2
Hiking (cross-country and hills)	3
Jogging or running	4
Jumping rope	4
Martial arts	3
Pilates/Yoga/ Tai Chi	2
Rock climbing	2
SCUBA diving	2

FITNESS ACTIVITY	20 MIN.
Skating	3
Skiing, cross-country	4
Skiing, downhill	2
Stair or bench stepping	4
Swimming continuously	4
Table tennis	½
Team sports (soccer, basketball, etc.)	4
Tennis/other racket sports	4
Volleyball	2
Walking	3
Water skiing	2
Weight training	3
"Wii Fit" or "Xbox Kinect"	1

DAILY LIVING ACTIVITY	15 MIN.
Garden	1
Give up the remote for the day *	1
Iron clothing	1
Mow lawn w/push mower	1
Other outdoor home projects	1
Play with your children	1
Park far from work entrance *	1
Stand up and talk on the phone	1
Stretch after a workout, at bedtime, or in the morning	1
Take stairs and avoid elevator *	1
Vacuum/ dust/ wash dishes/ other house chores	1