

Scale the Summits Activity Log Sheet

Directions: Log the time spent (minutes) in each level (1, 2, 3) each day, then convert to steps using the attached activity conversion chart. You may also use a pedometer, FitBit, app or other step counting device and just enter steps.
Remember! Do not count sleeping, sitting, watching TV or computer time.

Name:
 Telephone:
 E-mail:
 Mailing Address:

Week 1						Week 2					
Day	Date	Level 1	Level 2	Level 3	Steps	Day	Date	Level 1	Level 2	Level 3	Steps
Monday						Monday					
Tuesday						Tuesday					
Wednesday						Wednesday					
Thursday						Thursday					
Friday						Friday					
Saturday						Saturday					
Sunday						Sunday					
Week 1 Totals						Week 2 Totals					
Week 3						Week 4					
Day	Date	Level 1	Level 2	Level 3	Steps	Day	Date	Level 1	Level 2	Level 3	Steps
Monday						Monday					
Tuesday						Tuesday					
Wednesday						Wednesday					
Thursday						Thursday					
Friday						Friday					
Saturday						Saturday					
Sunday						Sunday					
Week 3 Totals						Week 4 Totals					
Week 5											
Day	Date	Level 1	Level 2	Level 3	Steps						
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											
Week 5 Totals											

Activity Conversion Chart:	
Level 1: Mild-Moderate activity (such as housecleaning, leisurely walking, gentle yoga)	100 steps per minute OR 1500 steps per 15 minutes
Level 2: Moderate-Vigorous activity (such as brisk walking, jogging, Pilates, vigorous yoga, biking, baseball, golf)	134 steps per minute OR 2000 steps per 15 minutes
Level 3: Vigorous activity (such as running, interval training, soccer, uphill biking)	167 steps per minute OR 2500 steps per 15 minutes

To enter for the prize drawings:

Return the Activity Log Sheet ONE of three ways by August 30 to enter for prizes and complete this activity. Return either a copy of this sheet or just the appropriate week's steps plus your contact information.

Return your tracking sheet ONE of these ways:

- Mail: PO Box 200130, Helena, MT 59620,
- Fax: (406) 444-0080, or
- E-mail: benefitsquestions@mt.gov



Remember completion of the Stay Active Challenge is an eligible Next Step activity, but you must self-report that you completed that activity; self-reporting for the incentive is NOT the same as returning this sheet to enter for prizes! You can find more details at www.benefits.mt.gov/incentive or in the 2018 Live Life Well Incentive Program booklet mailed to all retirees in March 2018.

