

## Governor's Stay Active Challenge: U.S. Destinations 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

Day	Date	Level 1	Level 2	Level 3	Steps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 1 Totals

### Week 2

Day	Date	Level 1	Level 2	Level 3	Steps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 2 Totals

### Week 3

Day	Date	Level 1	Level 2	Level 3	Steps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 3 Totals

### Week 4

Day	Date	Level 1	Level 2	Level 3	Steps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 4 Totals

### Week 5

Day	Date	Level 1	Level 2	Level 3	Steps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 5 Totals

### Week 6

Day	Date	Level 1	Level 2	Level 3	Steps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 6 Totals

### Week 7

Day	Date	Level 1	Level 2	Level 3	Steps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 7 Totals

### Week 8

Day	Date	Level 1	Level 2	Level 3	Steps
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Week 8 Totals

<b>Activity Conversion Chart:</b>	
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 weekly prize drawings:**

Return the Activity Log Sheet with the previous week's steps (either a copy of this sheet or just the appropriate week's steps plus your contact information) ONE of three ways by the due dates listed below for each week you want to enter.

Return your weekly steps ONE of these ways:

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

Weekly Prize Entry Due Dates:

- May 11
- May 18
- May 25
- June 1
- June 8
- June 15
- June 22
- June 29\*

*\*Submission of your completed tracking sheet by June 29 will enter you for both the final weekly prize drawing as well as the grand prize drawing.*

**To enter the grand prize drawing:**

Return the completed Activity Log Sheet ONE of these ways to by June 29, 2018.\*

- Mail: PO Box 200130, Helena, MT 59620
- Fax: (406) 444-0080, or
- E-mail: [benefitsquestions@mt.gov](mailto: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](http://www.benefits.mt.gov/incentive) or in the 2018 Live Life Well Incentive Program booklet mailed to all retirees in March 2018.*

