



PERSONAL DAILY LOG

Name: _____

Please send or email this page to your branch president by **Friday, July 5, 2019**.

If you do not belong to a branch, please send or email this page to Jennifer Hope at the ARTA office (jhope@arta.net) by **Friday, July 5, 2019**.

Date	Type of Activity	Time Start	Time Stop	Total Minutes
e.g. April 3	Swimming	4:15 pm	4:47 pm	32

Total Minutes: _____



PERSONAL BEST 30 DAYS REPORT

Name: _____

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Best Days from April 1 to June 30					
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		
TOTAL					

Congratulations and well done!



SUGGESTED ACTIVITIES

Walking	Golfing
Swimming	Resistance Training
Yoga	Rowing
Biking	Jogging
Step Classes	Tennis
Pickle Ball	Curling
Hockey	Boxing
Weight Training	Skipping
Cross fit	Bowling
Kayaking	Aqua Aerobics
Elliptical Motion Trainer	Stair Climbing
Canoeing	Basketball
Kettle bells	Baseball
Dancing	Zumba
Pilates	Squash
Badminton	Triathlon Training
Racquetball	Barre Sculpting
Lacrosse	Tai Chi
Spin Classes	Soccer
Volleyball	Martial Arts
Frisbee	Dragon Boating
Hiking	Surfing
Track and field	
Handball	