

Individual Name: _____

Team Name: _____

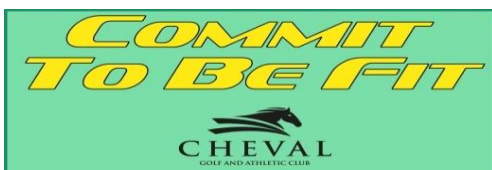
Tour de Cheval 2019 Logsheet

2200 Minutes of Physical Activity or 12 Indoor Cycling Classes COMPLETES the Challenge
 MOST AVG MINUTES/CLASSES WINS THE CHALLENGE - Staple all team members sheets together please
 10,000 Activity Tracker Steps = 70 Minutes

"It's not about having the time, it's about making the time."

Date	Activity/Steps	Minutes
1-Jul		
2-Jul		
3-Jul		
4-Jul		
5-Jul		
6-Jul		
7-Jul		
8-Jul		
9-Jul		
10-Jul		
11-Jul		
12-Jul		
13-Jul		
14-Jul		
15-Jul		
16-Jul		

Date	Activity/Steps	Minutes
17-Jul		
18-Jul		
19-Jul		
20-Jul		
21-Jul		
22-Jul		
23-Jul		
24-Jul		
25-Jul		
26-Jul		
27-Jul		
28-Jul		
29-Jul		
30-Jul		
31-Jul		



My Minutes: _____

Total Team Minutes: _____

Total Spin Classes: _____