



Name _____ Team/Employer _____

Record the minutes you were active each day. At the end of every week, log your Minutes Active **movers.lunginfo.org** or fax this form to **717-541-8828**.

Remember....some of the activities that count as Minutes Active are walking the dog, cleaning the house, gardening and dancing as well as regular exercise, walking, running, swimming, etc. Get a group together for a noontime walk.

We need your help to achieve 12,000,000 Minutes Active.
1 minute = 1 point

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points
Week of 3/10								
Week of 3/17								
Week of 3/24								
Week of 3/31								
Week of 4/7								
Week of 4/14								
Week of 4/21								
Week of 4/28								
Total Points Earned								

When recording your weekly minutes active on-line please clearly indicate which week or weeks you are recording.

This form can be used for your own personal record or, if you don't have access to a computer, faxed in to the American Lung Association, 717-541-8288.

Contact Amy Czech with any questions, 1-800-932-0903 x56 or aczech@lunginfo.org