



## Participation Log

Name: \_\_\_\_\_ Department: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____
Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____
Points _____	Points _____	Points _____	Points _____	Points _____	Points _____	Points _____
Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____
Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____
Points _____	Points _____	Points _____	Points _____	Points _____	Points _____	Points _____
Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____
Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____
Points _____	Points _____	Points _____	Points _____	Points _____	Points _____	Points _____
Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____
Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____
Points _____	Points _____	Points _____	Points _____	Points _____	Points _____	Points _____
Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____	Activity _____
Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____	Time/Duration _____
Points _____	Points _____	Points _____	Points _____	Points _____	Points _____	Points _____

Total Points: \_\_\_\_\_

Return completed form to the Parks, Recreation and Cultural Arts Administrative Office at the Government Center.





### Activity/Workout Criteria

Following our program participation point system, 3 points will be awarded for participation in any of the following categories that meet the activity-specific criteria:

- I. **Cardiovascular exercise only:** Minimum of 25 min. continuous duration (jogging/running @ 65% of THR or higher, stationary cycling, stair climbing, elliptical exercise machine, continuous swimming) – Note: has heart rate/intensity requirement

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  - II. **Strength training exercise only:** Minimum of 30 min. continuous duration (free weights, strength training machines, floor based bodyweight activities, tubing or other forms of non-weighted resistance)

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  - III. **Cardiovascular and strength training:** No less than 15 continuous min. of each Component (15 min. of cardiovascular exercise and 15 min. of strength training exercise)  
Note: HR must be maintained at or above 65% of THR for cardiovascular component

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  - IV. **Group Exercise:** One hour class (entire class)  
(can include land or water-based formats)

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  - V. **Walking:** Minimum of 35 continuous minutes  
(can be performed outdoors or on indoor track) (45-65% of THR)

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  - VI. **Sports Activities:** Minimum of 45 minutes of continuous participation (rest intervals may be present between matches or games)  
Includes traditional sports with continuous activity such as basketball, volleyball, tennis, racquetball, etc.

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  - VII. **Active-Rest Activities:** Minimum of 40 minutes of continuous activity. The activity of choice can be broken into two 20-minute intervals.  
(Any activity that involves gross motor movement not broken up by periods of sitting. Examples of activities include, gardening, dog walking, table tennis, shuffleboards, softball, whiffleball, golfing (no cart... must walk and pull or carry), horse shoes, etc.)  
\*Points are being awarded for this category to promote general daily activity in addition to regimented workout participation.
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