

## My Exercise Club Record

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

Date started exercising this quarter: \_\_\_\_\_

| Date             | Workout time |
|------------------|--------------|
| January 1, 2016  |              |
| January 2, 2016  |              |
| January 3, 2016  |              |
| January 4, 2016  |              |
| January 5, 2016  |              |
| January 6, 2016  |              |
| January 7, 2016  |              |
| January 8, 2016  |              |
| January 9, 2016  |              |
| January 10, 2016 |              |
| January 11, 2016 |              |
| January 12, 2016 |              |
| January 13, 2016 |              |
| January 14, 2016 |              |
| January 15, 2016 |              |
| January 16, 2016 |              |
| January 17, 2016 |              |
| January 18, 2016 |              |
| January 19, 2016 |              |
| January 20, 2016 |              |
| January 21, 2016 |              |
| January 22, 2016 |              |
| January 23, 2016 |              |
| January 24, 2016 |              |
| January 25, 2016 |              |
| January 26, 2016 |              |
| January 27, 2016 |              |
| January 28, 2016 |              |
| January 29, 2016 |              |
| January 30, 2016 |              |
| January 31, 2016 |              |

| Date              | Workout time |
|-------------------|--------------|
| February 1, 2016  |              |
| February 2, 2016  |              |
| February 3, 2016  |              |
| February 4, 2016  |              |
| February 5, 2016  |              |
| February 6, 2016  |              |
| February 7, 2016  |              |
| February 8, 2016  |              |
| February 9, 2016  |              |
| February 10, 2016 |              |
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| February 22, 2016 |              |
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| February 24, 2016 |              |
| February 25, 2016 |              |
| February 26, 2016 |              |
| February 27, 2016 |              |
| February 28, 2016 |              |
| February 29, 2016 |              |
|                   |              |
|                   |              |

| Date           | Workout time |
|----------------|--------------|
| March 1, 2016  |              |
| March 2, 2016  |              |
| March 3, 2016  |              |
| March 4, 2016  |              |
| March 5, 2016  |              |
| March 6, 2016  |              |
| March 7, 2016  |              |
| March 8, 2016  |              |
| March 9, 2016  |              |
| March 10, 2016 |              |
| March 11, 2016 |              |
| March 12, 2016 |              |
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| March 21, 2016 |              |
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| March 25, 2016 |              |
| March 26, 2016 |              |
| March 27, 2016 |              |
| March 28, 2016 |              |
| March 29, 2016 |              |
| March 30, 2016 |              |
| March 31, 2016 |              |

**Turn in your record to HR at the end of each quarter for points award.**

1<sup>st</sup> Quarter, January - March, 2016

