

# Fall...*in motion* Activity Log

Set a target to do 15 minutes of physical activity a day and work your way towards 30 minutes a day!  
Photocopy this log sheet and pass it onto a friend, family member, or coworker!

<b>NAME:</b>	<b>TELEPHONE:</b>
<b>ADDRESS:</b>	<p>Please circle your gender and age group below.</p> <p><b>GENDER:</b> Male or Female</p> <p><b>AGE GROUP:</b></p> <p>12 &amp; Under      13 – 19 yrs      20 – 29 yrs</p> <p>30 – 39 yrs      40 – 55 yrs      56 + yrs</p>

Each square represents 15 minutes of physical activity. Place a check mark  in the square to show what you have completed each day...try to complete a total of 30 minutes of physical activity in one day!

	Saturday		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.	15 min.
<b>Week 1</b> Qt. 1-7														
<b>Week 2</b> Qt. 8-14														
<b>Week 3</b> Qt. 15-21														
<b>Week 4</b> Qt. 22-														
<b>Week 5</b> Qt. 29-31														

Remember to tune into C95 FM, Rock 102 FM, 650 CKOM, CJWW, Hot93, Magic 98, Global TV, CTV, and the Star Phoenix for your chances to win daily and weekly prizes! Make sure you have your log sheet on hand because you will need it to claim your prize! For more information call the *in motion* information line at 655-DO IT (3648) or email ([inmotion@saskatoonhealthregion.ca](mailto:inmotion@saskatoonhealthregion.ca)), or see the *in motion* website at: [www.in-motion.ca](http://www.in-motion.ca)

\* Drop off your completed log form at any fitness facility, City Leisure centre, or fax it to 655-8128 to be eligible for the grand Prize Draw of an elliptical cardio machine from Flaman Fitness or the "Health and Fitness Package for Two" (includes: Two 1-year memberships to the YWCA; an overnight stay at the Sheraton Cavalier; and two sports bags full of health and fitness goodies!) Drop off deadline is Tuesday, November 1, 2005. Draw will be made on Thursday, November 3, 2005.

# Fall...*in motion*

**What is *in motion*?** Saskatoon Health Region is leading the collective action of community partners in making Saskatoon and area the healthiest community in Canada through physical activity. *In motion* has been very successful at encouraging the community to become more physically active and we encourage you to once again show Canada we are “in motion” leaders!

**When is the Fall...*in motion* Launch?** *In motion* will be kicking-off the fall campaign gathering as many people as possible in Bessborough Park South at 12 noon on September 30th. At this time we will have a massive dance to music from the last 100 years! This event is an outdoor active dance party to celebrate Saskatoon’s success at being a city “in motion” and to celebrate Saskatchewan’s centennial. \* Special thanks to *Solid Sound Professional Entertainment Productions* for their continued sponsorship and support in providing the sound system and music for the **Fall...*in motion*** kick off event and to Flaman Fitness for supplying an elliptical cardio machine as a grand prize.



**“Fall... *in motion* – Stay Active”** *In motion* is launching a 4 week “Stay Active” campaign during the month of October. We encourage everyone in Saskatoon and region to work towards the goal of becoming physically active for a minimum of 15 minutes and reach the goal of 30 minutes a day during the month of October.

October has been officially declared ‘*in motion*’ month by the City of Saskatoon. Staying active is easy!

You can: DO IT on your own or with family  
DO IT at a facility or club  
DO IT with friends and colleagues

- CBI Fitness Centre
- River Racquet Athletic Club
- City Hall
- Lawson Civic Center
- Lakewood Civic Center
- Cosmo Civic Centre
- Harry Bailey Aquatic Centre
- Saskatoon Field House
- Pro-Fit Athletic Club
- YWCA
- YMCA
- Campus Recreation-University of Saskatchewan

**Return your completed *in motion* activity log sheet by November 2, 2004 to be entered to win the Grand Prize Draw of an elliptical cardio machine from Flaman Fitness or a “Health and Fitness Package for Two”.** (includes: Two one-year memberships to the YWCA; an overnight stay at the Sheraton Cavalier; and two sports bags full of health and fitness goodies!)

**Return your completed *in motion* activity logs to any of the above mentioned fitness locations OR you can:**

Fax your *in motion* activity log to 655-8128

Mail to: *in motion*, Saskatoon City Hospital  
701 Queen Street, Saskatoon

S7K 0M7

Fill out an activity log online at: [www.in-motion.ca](http://www.in-motion.ca)