YMCA of Saratoga

America on the move

Activity Log: Name_____ Phone #_____YMCA Branch_____

(please print)

Log your steps or miles for any activity you do during the week of September 20th—27th. An activity step converter will be available at each branch and in your *Quick Start Guide*. Turn this form in no later then **Monday September 29th** and you will be entered in to win one of many great prizes.
Thank you for helping the YMCA of Saratoga promote healthy activities and habits for a healthier community.

Activity Description		Sat. 9/20	Sun. 9/21	Mon. 9/22	Tues. 9/23	Wed. 9/24	Thurs. 0/25	Fri. 9/26	Sat. 9/27
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