

# Region V Services – Exercise Log

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

Month/Year: \_\_\_\_\_

Date	Activity	Activity Length (min.)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

Total Days: \_\_\_\_\_

12-19 Days = \$30

20+ Days = \$50

Signature: \_\_\_\_\_

Turn in with time card for previous month