



L.I.F.E.
Lifestyle Improvement For Everyone



Name: _____ Month: _____
 Facility: _____ *Turn in the first week of the following month to Health Education at 434 Cajon St.*

Participation Log																																
Days →	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	Sub-Total
I. Strength																																
II. Cardio																																
III. Group																																
IV. Stretching																																
V. Sports																																
VI. Active-Rest																																
VII. Diet/Nutritional																																
Other:																																

List of Other activities here: _____

Total points
