Centennial Fitness Challenge Log Sheet 2012-2013

Name: _____

Address: _____

Branch: _____

Commemorate the PEIWI Centennial by logging your physical activities! Mark milestones of 100 kms, 100 steps, 100 situps to 100 minutes, hours or increments of any type of activity which encourages your physical wellness. Examples include biking, running, skiing, snowshoeing, walking or logging time for home maintenance to gardening. Participants will have their names placed online at the PEIWI website. **Submit your progress to the office at any 100 milestone until the deadline of December 31, 2013.**

DATE	ACTIVITY COMPLETED	INCREMENTS: *Specify hours/minutes/kilometers*	TOTAL