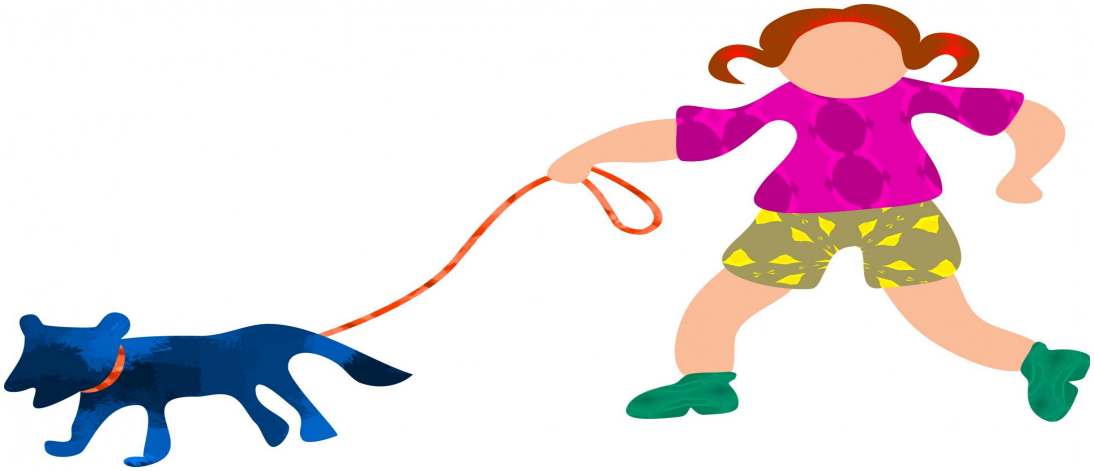
Push Your Tush Activities September 2021

Name:_____

Log any physical activities that get your heart rate up for at least 10 minutes or more.

Date	MINUTES	Activity
TOTAL TIME:		

Please enter your weekly minutes on Fridays at:
pushyourtush5k.medfordumc.org