CHARLEVOIX AREA COMMUNITY POOL —- S.W.I.S.S. EXERCISE-A-THON Exercise Log DUE 3/15/21

Participant Name _____ Phone _____ Address _____

Please log your exercise below. Use the Sponsor Form to sign up sponsors. Turn in all forms by March 15 along with all money collected. Program runs Feb 1 to Feb 28. You can join the program at any time. There will be prizes for most hours logs and most money collected in the following categories: Age 5-10 ; Age 11-18, Age 19 to 30 and Age 31+

Completed forms can be scanned and sent to janet@charlevoixpool.org, dropped off at the pool, or mailed to: Charlevoix Community Pool, 11905 U.S. 31 North Charlevoix, MI 49720 For questions, call Kathy or Chelsea at (231) 547-0982 or email Janet Chambers at janet@charlevoixpool.org.

Exercise Key: S = Swim W = Walk R= Run I = Ice-skate SK = Ski SB = Snowboard SS = Snowshoe B = Bike E= Other (like going to the gym or exercise class)

Date	Exercise Type	Total Time (min)

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Total Hours Completed _____