

***2018 Baystate Healthy Fitness Tracker***

**How to use the online\* tracker:**

1. Save this document to a location on your computer where you will be able to easily retrieve it over the course of the 4 weeks. (i.e: your desktop). Go to the toolbar at the top of the page and select “File” 🡪 “Save As”.
2. Click into each fillable field to select the date, enter your exercise type and duration for each day of the week that you completed at least 30 minutes of physical activity.
3. Complete the pledge form at the bottom of the page and email this document to BaystateHealthy@baystatehealth.org . Go to “File” 🡪 “Save & Send” 🡪 “Send as Attachment”. Please do not send a PDF version or screenshot.

\* This tracker is designed to be completed online, however if you need to print it, the document is formatted to print on **11x17 paper**. Select “File”🡪 “Print” and interoffice mail completed tracker to Baystate Healthy, 280 Chestnut St. Springfield, MA

**Live Active!**

Using a fitness tracker and recording your daily exercise is a proven way to help you change your behavior and make regular exercise a part of your routine. We encourage you to complete as many fitness trackers as you need, until you are able to establish a regular pattern of consistent exercise.

If you are participating in MyHealth Rewards, to qualify for the reward, you must meet the **target** **of 30 minutes of exercise for 3 or more days each week and track 4 consecutive weeks**.



1. Set your exercise goal then choose physical activities that you enjoy.
2. Plan exercise into your daily routine.
3. Track **4** **consecutive** weeks of exercise using this electronic tracker.

 Use “Week 4” to make-up a missed week.

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| Week 1**Set Your Personal Fitness Goal****Check one:**[ ]  **I am a beginner exerciser**I commit to exercise at least 3 days a week for at least 30 minutes each day. [ ]  **I am an intermediate exerciser.**  I commit to exercise at least 4-5 days a week for at least 30 minutes each day.[ ]  **I am an advanced exerciser.**  I commit to exercise at least 6-7 days a week for at least 30 minutes each day. **Exercise Guidelines** The national recommendation for good health is for every American to achieve at least:1. 30 minutes a day, five days a week of moderately intense cardio

***OR***1. 20 minutes a day, three days a week of vigorously intense cardio  *AND* strength-train twice a week

Starting an exercise program can sound like a daunting task, but just remember that your main goal is to boost your health by meeting the basic physical activity recommendations. Read, complete and sign the pledge below. Submissions must be received by October 15, 2018. You can submit up to four Fitness Trackers to earn up to $100 during the 2018 program year. For program rules go to:[eWorkplace/BaystateHealthy/MyHealthRewards](https://www.baystatehealth.org/employees/baystate-healthy/myhealth-rewards)  |
|  | **Date** | **Exercise** | **Duration** |
| Sunday | Date | Enter Exercise Type | Enter Time Spent |
| Monday  | Date | Enter Exercise Type | Enter Time Spent |
| Tuesday | Date | Enter Exercise Type | Enter Time Spent |
| Wednesday | Date | Enter Exercise Type | Enter Time Spent |
| Thursday | Date | Enter Exercise Type | Enter Time Spent |
| Friday | Date | Enter Exercise Type | Enter Time Spent |
| Saturday | Date | Enter Exercise Type | Enter Time Spent |

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| Week 2 |
|  | **Date** | **Exercise** | **Time Spent** |
| Sunday | Date | Enter Exercise Type | Enter Time Spent |
| Monday  | Date | Enter Exercise Type | Enter Time Spent |
| Tuesday | Date | Enter Exercise Type | Enter Time Spent |
| Wednesday | Date | Enter Exercise Type | Enter Time Spent |
| Thursday | Date | Enter Exercise Type | Enter Time Spent |
| Friday | Date | Enter Exercise Type | Enter Time Spent |
| Saturday | Date | Enter Exercise Type | Enter Time Spent |

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| Week 3 |
|  | **Date** | **Exercise** | **Time Spent** |
| Sunday | Date | Enter Exercise Type | Enter Time Spent |
| Monday  | Date | Enter Exercise Type | Enter Time Spent |
| Tuesday | Date | Enter Exercise Type | Enter Time Spent |
| Wednesday | Date | Enter Exercise Type | Enter Time Spent |
| Thursday | Date | Enter Exercise Type | Enter Time Spent |
| Friday | Date | Enter Exercise Type | Enter Time Spent |
| Saturday | Date | Enter Exercise Type | Enter Time Spent |

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| Week 4  |
|  | **Date** | **Exercise** | **Time Spent** |
| Sunday | Date | Enter Exercise Type | Enter Time Spent |
| Monday  | Date | Enter Exercise Type | Enter Time Spent |
| Tuesday | Date | Enter Exercise Type | Enter Time Spent |
| Wednesday | Date | Enter Exercise Type | Enter Time Spent |
| Thursday | Date | Enter Exercise Type | Enter Time Spent |
| Friday | Date | Enter Exercise Type | Enter Time Spent |
| Saturday | Date | Enter Exercise Type | Enter Time Spent |

**Congratulations!**

You’ve kept yourself on track for 4 weeks! We encourage you to continue to make physical activity a regular part of your life.

**If you are participating in MyHealth Rewards, please read the pledge statement and then fill in the form below.**

*I pledge that I have completed each activity that I entered in this Fitness Tracker. I have recorded the time I spent doing each activity as accurately as possible. I understand that my fitness log may be audited.*

*First Name: Last Name: EN # (without “EN”): Date: Phone:*

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|  |  |  | Fitness2018 |  |  |

**Submit this Fitness Tracker by email to** **BaystateHealthy@baystatehealth.org** **by October 15, 2018**



Health, Wellness and Worklife Solutions: 413-794-4939