**Official Physical Wellness Assignment Log - Spring 2024**

**\*Please note that the last day that ANY HTH 100 students can log an hour at UREC/U-Park or an Outside Hour for this assignment will be on Sunday,** **April 21, 2024. This assignment requires students to complete a total of 25 physical wellness hours. You will need to complete and correctly log a MINUMUM of 15 hours at the designated UREC facilities and a MAXIMUM of 10 hours outside of the UREC facilities. UPARK reopens on Monday, March 18, 2024. For this assignment, students may not LOG more than 1 hour a day or more than 3 hours a week.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Dates**  **You can add or delete physical activity lines as needed** | **Time**  **In** | **Time**  **Out** | **# of Min**  **Each entry may not exceed a total of 60 min (1 hr.)** | **UREC/U-Park Hours - Type a one sentence DESCRIPTION of your physical activity and identify the LOCATION whether at UREC or U- Park. These hours must be recorded by scanning in and out of the facility with your JAC card. You need to complete a Minimum of 15 total hours or you can complete 15 to all 25 hours. Remember to log total hours at the bottom of this log!** | **Outside Activity Hours - Type one complete sentence DESCRIPTION of your physical activity such as JMU athletic team practices, sport clubs, dance classes, marching band, private gym workout, ROTC, walking or running (not to and from classes but as a planned workout), hiking, etc. You may complete a Maximum of 10 total hours. Remember to log your total hours at the bottom of this log!** |
| **Example ONLY** | | | | | |
| **1/17** | **8:00 pm** | **9:00 pm** | **60 min** | **I completed some stretching exercises and worked out on the Elliptical machine at UREC.** |  |
| **1/18** | **4:00 pm** | **5:00 pm** | **60 min** | **I played Pickleball at UREC.** |  |
| **1/21** | **2:00 pm** | **3:00 pm** | **60 min** |  | **I went for a walk in the Arboretum.** |
| **Week 1 (Tuesday, January 16 – Sunday, January 21)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 2 (Monday, January 22 – Sunday, January 28)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 3 (Monday, January 29 - Sunday, February 4)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 4 (Monday, February 5 – Sunday, February 11)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 5 (Monday, February 12 – Sunday, February 18)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 6 (Monday, February 19 – Sunday, February 25)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 7 (Monday, February 26 – Sunday, March 3)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 8 (Monday, March 4 – Sunday, March 10) HOWEVER - UREC is closed on Saturday, March March 9 and Sunday, March 10** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 9 (Monday, March 11 – Sunday, March 17) Click on this link for adjusted UREC Hours of Operation <https://www.jmu.edu/recreation/visit/urec-hours.shtml>** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 10 (Monday, March 18 – Sunday, March 24) UPARK reopens on Monday, Mar. 18** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 11 (Monday, March 25 – Sunday, March 31)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 12 (Monday, April 1 – Sunday, April 7)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 13 (Monday, April 8 – Sunday, April 14)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Week 14 (Monday, April 15 – Sunday, April 21)** | | | | | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  | | | | **Total UREC or U-Park Hours =** | **Total Outside Hours =** |

**\*\*\*The last day to earn a UREC or U-Park Hour or Outside Hour is on** **Sunday, April 21, 2024**

**\*\*\*REMEMBER TO TYPE YOUR TOTALS FOR BOTH COLUMNS!**