



**31hours (1860 minutes) of exercise to be completed between May 1st & May 31st**  
 Completed lists to be emailed to [david.trahair@sleemansports.com.au](mailto:david.trahair@sleemansports.com.au)  
**by Tuesday June 2nd.**

**5 completed lists drawn at random to receive 1mth membership.**

*Can include planned exercise, online classes, gardening & house cleaning*

NAME:

Example:

Friday	1-May	Activities	Minutes	Total Daily Minutes
		Walk with partner	30	
		Gardening and Lawn Mowing	90	
		House Cleaning	30	

Friday	1-May	Activities	Minutes	Total Daily Minutes
Saturday	2-May	Activities	Minutes	Total Daily Minutes
Sunday	3-May	Activities	Minutes	Total Daily Minutes
Monday	4-May	Activities	Minutes	Total Daily Minutes
Tuesday	5-May	Activities	Minutes	Total Daily Minutes
Wednesday	6-May	Activities	Minutes	Total Daily Minutes
Thursday	7-May	Activities	Minutes	Total Daily Minutes

Friday	8-May	Activities	Minutes	Total Daily Minutes
Saturday	9-May	Activities	Minutes	Total Daily Minutes
Sunday	10-May	Activities	Minutes	Total Daily Minutes
Monday	11-May	Activities	Minutes	Total Daily Minutes
Tuesday	12-May	Activities	Minutes	Total Daily Minutes
Wednesday	13-May	Activities	Minutes	Total Daily Minutes
Thursday	14-May	Activities	Minutes	Total Daily Minutes
Friday	15-May	Activities	Minutes	Total Daily Minutes
Saturday	16-May	Activities	Minutes	Total Daily Minutes
Sunday	17-May	Activities	Minutes	Total Daily Minutes
Monday	18-May	Activities	Minutes	Total Daily Minutes
Tuesday	19-May	Activities	Minutes	Total Daily Minutes

Wednesday	20-May	Activities	Minutes	Total Daily Minutes
Thursday	21-May	Activities	Minutes	Total Daily Minutes
Friday	22-May	Activities	Minutes	Total Daily Minutes
Saturday	23-May	Activities	Minutes	Total Daily Minutes
Sunday	24-May	Activities	Minutes	Total Daily Minutes
Monday	25-May	Activities	Minutes	Total Daily Minutes
Tuesday	26-May	Activities	Minutes	Total Daily Minutes
Wednesday	27-May	Activities	Minutes	Total Daily Minutes
Thursday	28-May	Activities	Minutes	Total Daily Minutes
Friday	29-May	Activities	Minutes	Total Daily Minutes
Saturday	30-May	Activities	Minutes	Total Daily Minutes
Sunday	31-May	Activities	Minutes	Total Daily Minutes

**GRAND TOTAL**

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