



Catch 22! Log

Day:	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Total
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Date:													
Exercise Minutes	5	5	5	5	5	5	5	5	5	5	5	5	
	5	7	5	7	5	7	5	7	5	7	5	7	
	Extra		Extra		Extra		Extra		Extra		Extra		
Total													

Date:													
Exercise Minutes	5	5	5	5	5	5	5	5	5	5	5	5	
	5	7	5	7	5	7	5	7	5	7	5	7	
	Extra		Extra		Extra		Extra		Extra		Extra		
Total													

Date:													
Exercise Minutes	5	5	5	5	5	5	5	5	5	5	5	5	
	5	7	5	7	5	7	5	7	5	7	5	7	
	Extra		Extra		Extra		Extra		Extra		Extra		
Total													

Date:													
Exercise Minutes	5	5	5	5	5	5	5	5	5	5	5	5	
	5	7	5	7	5	7	5	7	5	7	5	7	
	Extra		Extra		Extra		Extra		Extra		Extra		
Total													

Date:													
Exercise Minutes	5	5	5	5	5	5	5	5	5	5	5	5	
	5	7	5	7	5	7	5	7	5	7	5	7	
	Extra		Extra		Extra		Extra		Extra		Extra		
Total													

Instructions: Catch 22! is KFMH's physical activity guideline. We recommend a goal of an average of ≥10-15, ideally ≥22, minutes of daily exercise. See <https://keepflowermoundhealthy.org/catch-22-1> for more information. Mark off the boxes as you exercise that number of minutes and write any minutes beyond 22 in the box marked "Extra." Then write your total for the day beneath that. Total your exercise minutes for the week and write that down in the shaded box at the right (which is the amount you'll report to your TLC Group, if you belong to one – see <https://keepflowermoundhealthy.org/tlc-groups>).