

# Light Your Fire Log Sheet - Week 1

January 19 \_\_\_\_\_

January 20 \_\_\_\_\_

January 21 \_\_\_\_\_

January 22 \_\_\_\_\_

January 23 \_\_\_\_\_

January 24 \_\_\_\_\_

January 25 \_\_\_\_\_

**Name**

**Contact**

*phone or e-mail*

Enter your daily activity and the level that you worked out at  
- Remember, if you cheat, you're only cheating yourself!  
Each week drop off one entry form for the draw prizes at either  
the Fitness Centre or Kinesiology Client Services showing your results.  
Or, e-mail them to [crmember@ucalgary.ca](mailto:crmember@ucalgary.ca)  
They must be delivered by noon of the day of the draw.

**Light  
your fire**  
[ucalgaryrecreation.ca](http://ucalgaryrecreation.ca)

# Light Your Fire Log Sheet - Week 2

January 26

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January 27

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January 28

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January 29

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January 30

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January 31

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February 1

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**Name**

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**Contact**

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*phone or e-mail*

Enter your daily activity and the level that you worked out at  
- Remember, if you cheat, you're only cheating yourself!  
Each week drop off one entry form for the draw prizes at either  
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# Light Your Fire Log Sheet - Week 3

February 2 \_\_\_\_\_

February 3 \_\_\_\_\_

February 4 \_\_\_\_\_

February 5 \_\_\_\_\_

February 6 \_\_\_\_\_

February 7 \_\_\_\_\_

February 8 \_\_\_\_\_

**Name**

**Contact**

  
*phone or e-mail*

Enter your daily activity and the level that you worked out at  
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# Light Your Fire Log Sheet - Week 4

February 9 \_\_\_\_\_

February 10 \_\_\_\_\_

February 11 \_\_\_\_\_

February 12 \_\_\_\_\_

**Name**

**Contact**

*phone or e-mail*

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Or, e-mail them to [crmembre@ucalgary.ca](mailto:crmembre@ucalgary.ca)  
They must be delivered by noon of the day of the draw.

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