**Employee Fitness and Activity Tracker Form**

**Employee Information:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Employee Name:** | John Doe | **Employee ID:** | EMP-4587 |
| **Supervisor:** | Alison | **Department:** | Sales |
| **Tracking Period:** |  | | |

1. **Weekly Activity Log**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Activity Type (e.g., Walking, Yoga, Cycling)** | **Duration (minutes)** | **Distance (km / miles)** | **Calories Burned** | **Intensity Level (Low/Med/High)** | **Notes** |
|  |  |  |  |  |  |  |
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1. **Weekly Summary**

|  |  |  |  |
| --- | --- | --- | --- |
| Total Duration (minutes) | 180 | Average Duration per Day | 45 |
| Total Distance (km) | 12 | Total Calories Burned | 850 |
| Most Frequent Activity | Walking |  |  |

1. **Monthly Fitness Goals**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Goal Category** | **Target** | **Achieved** | **Status (✔/✘)** | **Remarks** |
| Total Active Days |  |  |  |  |
| Total Distance (km) |  |  |  |  |
| Calories Burned |  |  |  |  |
| Steps per Day (avg) |  |  |  |  |
| Participation in Wellness Events |  |  |  |  |

1. **Health Indicators (Optional)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Metric** | **Starting Value** | **Current Value** | **Improvement** |
| Weight (kg) |  |  |  |
| BMI |  |  |  |
| Resting Heart Rate |  |  |  |
| Blood Pressure |  |  |  |

**5. Remarks and Motivation**

* **Employee Comments:**
* **Supervisor/Wellness Coach Comments:**

**Signature Section**

|  |  |
| --- | --- |
| **Employee Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Date:** \_\_\_\_\_\_\_\_\_\_\_\_ |
| **Supervisor Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Date:** \_\_\_\_\_\_\_\_\_\_\_\_ |