

# The Local Cancer Community Update



Together we  
Live with  
Cancer!



Submitted by Tim E. Renzelmann ● March 25<sup>th</sup>, 2020

News, Events and Activities in the Local Cancer Community including the TLC Supportive Community (est. 2000), The Sheboygan County Cancer Care Fund (est. 2002), the Survive, Thrive & Be Fit program (est. 2010) and more!



**ALL TLC (Together we Live with Cancer) and ST&BF (Survive, Thrive & Be Fit) Group Activities Have Been Suspended Due to COVID-19 Until Further Notice!**

Please watch future issues of this Local Cancer Community Update for more details!

**ALSO CANCELLED (or Possibly Postponed – Watch for Details): 12<sup>th</sup> Annual “Cancer Crusade” Walk/Jog/Run to Benefit SCCCF!**

Saturday, April 18<sup>th</sup> ● 7:30A to 10:00A

Sheboygan YMCA, 812 Broughton Drive

The event has been cancelled. We are considering rescheduling it for a later date. Watch for details.

**NOW FOR SOME GOOD NEWS...**

**11<sup>th</sup> Annual “Flowers for the Fund” Spring Flower Sale to Benefit SCCCF!**

Taking Orders Now through April 20<sup>th</sup>!

**Flowers for the Fund!**  
Spring Flower Sale!  
Pre-Paid Orders Due by Monday, April 20<sup>th</sup>!  
YOUR CHOICE:  
• Pick Up Your Pre-Paid Order on Wednesday, May 6<sup>th</sup>!  
MOA/SBBS Parking Lot  
1621 W. Taylor Drive, Sheboygan  
Between 9AM and 5PM  
• Purchase a Voucher to be redeemed at Caan's between April 23<sup>rd</sup> and May 25<sup>th</sup>!  
Beautiful Hanging Flower Baskets and Planters from Caan Floral & Greenhouses in a variety of types, colors and sizes are available to order with proceeds benefiting SCCCF! All orders must be pre-paid!  
For Details on How to Place Your Order, Contact Tim at 920.487.2222!

10" Hanging Baskets - \$28.00
8" Watering Can (inset) Planters - \$22.00
10" Combo (inset) Planters - \$29.00
12" Combo (inset) Baskets - \$26.00
Caan's Gift Certificates - \$25.00

These beautiful flowers are growing... and getting ready to bring some beauty into this world... while also providing some much-needed funds for area cancer patients/survivors who may be finding themselves facing the financial challenges of a cancer diagnosis amidst the economic challenges related to COVID-19!

Order deadline remains April 20<sup>th</sup>. Flower pick-up remains May 6<sup>th</sup>. Vouchers, redeemable at Caan's Floral, are also available and can be mailed after April 27<sup>th</sup>.

See attached or contact Tim for details!

**SCCCF Survive, Thrive & Be Fit Indoor Row Group Completes Fifth Annual Lake Michigan Crossing in Record Time... And Rows Back Across Lake Michigan the Next Day... Just for the Fun of It!**

No... we didn't actually "row across Lake Michigan!"



Fifteen survivor-athlete/rowers (Back Row L-R standing: Dennis Sundell, Grett Goebel, Rae-Ellen Weber, Bob Hartig, Maryellen Kloiber, Althea Smith, Jennifer King, Dan Kunda, Kathy Burch, Lisa Glander, Leah Heusterberg, John Seaman; Front Row L-R kneeling: Chuck Cioper, Kirstin Opgenorth, Tim Renzelmann, Cindy Becker, Linda Ansay) took turns rowing on Concept2 ergometers (indoor rowing machines) at the Sheboygan YMCA's Lakeview Center in this relay-style event on Saturday, March 14<sup>th</sup>!

With each crossing since our first (2016), IRG members have improved their Lake Michigan Crossing time, and this year was no different. This year's time of 8:34:21.2 bettered the 2019 time of 8:48:52.7! (NOTE: Because we use three ergometers for the crossing it only takes about three hours from start to finish to complete the 100k/100,000m distance.)

Kudos also to IRG member Bob Hartig who “rode” 50K on a YMCA exercise bike while we “rowed.”

If that wasn't enough... five of our IRG members (Jennifer King, John Seaman, Linda Ansay, Rae-Ellen Weber and Tim Renzelmann) completed a more “casual” return-trip crossing on Sunday morning on the five SCCCF ST&BF Concept2 ergometers at MOA/SCBS!

Interestingly, even though this was a casual effort (and we were all a bit fatigued from Saturday's more intense crossing), I added up our rowing times the next day only to find that our cumulative time (9:16:32.7) was better than our times for the first three crossings!

Although the current COVID-19 pandemic has interrupted our activities we are hoping that circumstances will allow us to get back to rowing before the end of the 2019/20 season, which ends on April 30<sup>th</sup>. Watch for updates!

## How to Continue “Surviving, Thriving & Staying Fit” Amidst COVID-19!

Cancer patients and survivors are an incredibly resilient bunch... and certainly no stranger to life's challenges!

Last Monday, with a heavy heart, I sent out the notice that we were suspending all TLC and ST&BF activities due to COVID-19. Since then I have received a variety of comments, phone calls and e-mails from this group of active and forward-thinking survivors.

*“I sure miss our group – mainly the conversation and friendly banter, but the exercising together as well,”* wrote Maryellen Kloiber. *“I feel like I'm slowly going to pot!”*

She went on to report that she scheduled a “social-distanced” walk with a fellow cancer survivor. I am confident that many of the ST&BF survivor-athletes will continue to find ways to move their bodies in safe and healthy ways amidst the COVID-19 pandemic. But I am reminded that, in addition to strengthening our bodies during this time of stress, we must also continue to strengthen our minds, hearts and spirits as best we can. Should we neglect one area... that can have adverse effects on the others!

Maryellen went on to say, *“Thank you for the nice newsletter last week as we all navigate these crazy times. I signed up at the IHadCancer site ([www.ihadcancer.com](http://www.ihadcancer.com)). There is some interesting stuff there and I'll check that out periodically.”*

I will continue to do my best to offer a CENTS of connection through this Local Cancer Community Update. And I encourage others to sign up at [www.ihadcancer.com](http://www.ihadcancer.com) if they are interested in making additional connections with your fellow survivors. As I previously mentioned, one really nice thing about this site is you can search according to not only type of cancer and age... but location. Maryellen is the most recent survivor from our area to join this site. I hope to see and connect with more!

Here are a couple more ways to remain active and connected amidst the COVID-19 pandemic!

## SCCCF Survive, Thrive & Be Fit “Active Survivors of Sheboygan” (A.S.S.) Activity Logs!

Although we are unable to come together through SCCCF's Survive, Thrive & Be Fit activities... that doesn't mean we should give up... stop moving!

You are invited to join a dedicated group of survivor-athletes who record their daily exercise activities on “Active Survivors of Sheboygan” log sheets and submit them to earn ST&BF Activity Points! We started this back in 2012... and many of those who started with us back then continue to record and submit their activity logs today!

As an added incentive... I will be doubling the points throughout Wisconsin's current “Safer at Home” order!

See attached or contact Tim for details!

## SCCCF Survive, Thrive & Be Fit: Survivorship Through the Lens – Show us How You Are “Surviving, Thriving and Staying Fit” Amidst the COVID-19 Pandemic!

You are invited to share a photo (a selfie or point-of-view photo) that illustrates how and where you are being active during Wisconsin's "Safer at Home" order and following safe and healthy practices and guidelines (social distancing, respiratory etiquette, etc.).

Here's how this works:

**Step 1.** Get active... move your body... exercise! While you're doing that, grab your phone or camera and take a selfie or point-of-view photo that illustrates your activity (i.e., a selfie with your location in the background, a photo of the dog at the end of the leash, a photo of your yoga mat laid out on the floor in your home, a photo of your home gym or exercise equipment).

**Step 2.** Go to [www.scccf.org/events](http://www.scccf.org/events) and click on the “PHOTOS” tab and our first photo campaign titled: “Surviving, Thriving & Staying Fit Amidst the COVID-19 Pandemic.” Follow the instructions and links to the photo submission page. Enter your name, a title for your photo and any comments you care to share, upload the photo and submit!

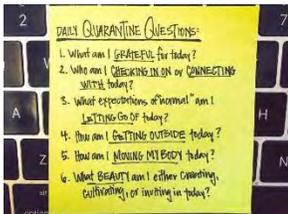
**Step 3.** After the photo has been approved, it will appear on the site. Check back regularly to see how your fellow survivor-athletes are staying active and fit amidst the COVID-19 pandemic!

NOTE: You must be a registered participant in “Survive, Thrive & Be Fit” for your photo to be accepted. Contact Tim for details!

## A Countdown To Coping with COVID-19: 6 – 5 – 4 – 3 – 2 – 1 - 0!

### Six Daily Questions to Ask Yourself !

Greater Good Science Center



I thought I'd share another great article and good advice from the Greater Good Science Center!

Read the full article here:

[https://greatergood.berkeley.edu/article/item/six\\_daily\\_questions\\_to\\_ask\\_yourself\\_in\\_quarantine](https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine)

#### The Six Daily Questions:

- What am I grateful for today?
- Who am I checking in with or connecting with today?
- How am I getting outside today?
- How am I moving my body today?
- What beauty am I either creating, cultivating, or inviting in today?

## DO THE FIVE: Help Stop Coronavirus!

From the World Health Organization

**DO THE FIVE:** Help stop coronavirus

- **HANDS:** Wash them often
- **ELBOW:** Cough into it
- **FACE:** Don't touch it
- **SPACE:** Keep safe distance
- **HOME:** Stay if you can

## 4 > 2: “For” is Greater Than “To”!

When Lucas, my son, was at Wilson Elementary School they had signs around the school proclaiming “4 > 2”! He had to explain it to me: Doing something “FOR” someone is GREATER THAN doing something “TO” someone! I like that!

One of the best examples of this that I've seen related to the COVID-19 pandemic came in a Tweet from Max Brooks, son of comedian legend Mel Brooks:

Max (47 yo) is outside his dad Mel's (93 yo) window and explains:



*“If I get the corona virus, I'll probably be okay. But if I give it to him; he could give it to Carl Reiner, who could give it to Dick Van Dyke. And before I know it, I've wiped out a whole generation of comedic legends. When it comes to the corona virus, I have to think who I can infect... and so should you.”*

He then recommends:

- Social Distancing
- Avoid Crowds
- Wash Your Hands
- 6-feet Away from People
- STAY HOME

His advice is simple: *“Do your part. Don't be a spreader!”*

<https://mobile.twitter.com/maxbrooksauthor/status/1239624352305303552>

## 3... 2... 1... But the Other Way!

This countdown theme got me thinking... and, even though it doesn't fit perfectly (crazy times like these remind us that not everything needs to be perfect) the lyrics of the song titled “1-2-3-4” by the Plain White Ts comes to mind:

*“It's easy as one, two, one, two, three, four. There's only one thing, two do, three words, four you. I love you.”*

[https://www.youtube.com/watch?v=m6pW\\_g1PvH0](https://www.youtube.com/watch?v=m6pW_g1PvH0)

Despite the need for social distancing and far more separation than most of us may want in our lives... now is not a time to act out of fear or a sense of isolation.

Nothing, not even social distancing, should keep us from saying or acting in ways that express “I Love You!”

## ZERO (NOTHING)!

*“To do nothing is sometimes a good remedy.” - Hippocrates*

Tim E. Renzelmann – 920.458.7433, 920.457.2223

[trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

MOA/SCBS Cancer Coach (920.458.7433)

SCCCF Vice President (920.457.2223 – 920.45-SCCCF)

[www.moa-sCBS.com](http://www.moa-sCBS.com) • [www.scccf.org](http://www.scccf.org)

# Flowers for the Fund!

*Great  
Mother's  
Day  
Gift  
Idea!*

**Spring Flower Sale!**

**Pre-Paid Orders Due by  
Monday, April 20<sup>th</sup>!**

## **YOUR CHOICE:**

- **Pick Up Your Pre-Paid Order on Wednesday, May 6<sup>th</sup>!**  
MOA/SCBS Parking Lot  
1621 N. Taylor Drive, Sheboygan  
Between 9AM and 5PM
- **Purchase a Voucher to be redeemed at Caan's  
between April 23<sup>rd</sup> and May 25<sup>th</sup>!**

**Beautiful Hanging Flower Baskets and Planters** from **Caan Floral & Greenhouses** in a variety of types, colors and sizes are available to order with proceeds benefitting **SCCCF!** All orders must be pre-paid!

**For Details on How to Place Your Order, Contact Tim at 920.457.2223!**



**10" Hanging Baskets - \$26.00**

**8" Watering Can (mixed) Planters - \$22.00**

**10" Combo (mixed) Planters - \$20.00**

**12" Combo (mixed) Baskets - \$36.00**

**Caan's Gift Certificates - \$25.00**



4422 South 12th Street □ Sheboygan, WI 53081  
 Phone (920)452-4111 □ Toll Free 1-800-952-7686

# Spring 2020 HANGING FLOWER BASKET SALE

Proceeds to benefit **THE SHEBOYGAN COUNTY CANCER CARE FUND**

**ORDER DEADLINE: Monday, April 20<sup>th</sup>!**

**ORDER PICKUP: Wednesday, May 6<sup>th</sup> from 9AM to 5PM, 1621 N. Taylor Drive, Sheboygan**

**SELLER'S NAME:** \_\_\_\_\_ **SELLER'S PHONE:** \_\_\_\_\_

**\*Checks payable to SCCCCF or Sheboygan County Cancer Care Fund (Donations Accepted)**

**THIS ORDER FORM MUST BE RETURNED BY MONDAY, APRIL 20<sup>th</sup> – All Orders MUST be PREPAID!**

**Neatly and accurately PRINT name, address and phone. Please note color choices and price differences.**

**INFO & Questions: Tim E. Renzelmann – SCCCCF, 1621 N. Taylor Drive, Sheboygan, WI 53081 (920) 457-2223**



<b>Hanging Ivy Geranium</b> 			<b>New Guinea Impatiens</b> 				<b>Fuchsia</b> 		<b>8" Watering Can Planter</b> 	<b>10" Prem. Combo Planter</b> 	<b>12" Prem. Combo Basket</b> 	<b>\$25 Gift Certificate</b>
<b>\$26.00 Sunny</b>			<b>\$26.00 Morn/Eve Sun, Mid-day Shade</b>				<b>\$26.00 Mostly Shade</b>		<b>\$22.00</b>	<b>\$20.00</b>	<b>\$36.00</b>	<b>\$25</b>

Customer Information:	Red	Pink	White	Red	Pink	White	Orange	Red/Pur	Red/White	Varied	Varied	Varied	TOTAL\$
<b>Name:</b> _____ <b>Address:</b> _____ _____ <b>Phone:</b> _____													
	<input type="checkbox"/> DELIVERY: Deliver my flowers to MOA/SCBS and I will pick them up on Wednesday, May 6 <sup>th</sup> between 9A and 5P! <input type="checkbox"/> VOUCHER: I would like to purchase a voucher to be redeemed at Caan's between April 23 <sup>rd</sup> and May 25 <sup>th</sup> (Choose One): <input type="checkbox"/> I will pick up voucher(s) on Wednesday, May 6 <sup>th</sup> between 9A and 5P. <input type="checkbox"/> I will contact SCCCCF (457-2223) to arrange to pick up my voucher(s) at MOA/SCBS prior to May 6 <sup>th</sup> . <input type="checkbox"/> Please send my voucher(s) to the address at left as soon as voucher(s) are available.												
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# Active Survivors of Sheboygan Activity Log

## About the Sheboygan County Cancer Care Fund & Survive, Thrive & Be Fit!

The Sheboygan County Cancer Care Fund (SCCCF), whose primary focus is to assist local cancer patients and survivors with financial “gestures” to help them cope with the financial challenges of a cancer diagnosis, has approved more than \$1.5 MILLION in financial assistance for those in our community experiencing cancer since its first gesture was granted in June of 2002.

In 2010, SCCCf offered its first FREE Survive, Thrive & Be Fit (ST&BF) “Gentle Yoga for Cancer Survivors” class that continues to be popular for local cancer patients and survivors. In the years since, SCCCf has offered additional FREE ST&BF activities for area cancer patients and survivors including: “Steps to Survivorship” walk/runs, the “Indoor Row Group,” “Pickleball Play,” “Survivorship Through the Lens” outdoor photography outings, “Hiking Along the Cancer Journey” day hikes and overnight backpack outings, this “Active Survivors of Sheboygan” Activity log and more.

Research shows that being active after a cancer diagnosis can positively impact recovery from treatment, increase the rate of survival and

contribute to a greater quality of life. It helps patients tolerate treatment, endure side effects, improve energy and strength and increase their mental fortitude. Additionally, ST&BF connects local cancer patients and survivors in a positive and supportive environment in which they can share personal stories, helpful information and best practices gaining support, encouragement, inspiration and friendship.

## Survive, Thrive & Be Fit Point System!

Every time you sign up for and participate in a ST&BF activity you will be joining our efforts in “Making Sheboygan County the Healthiest Place to Survive Cancer!” Earn just five points and you will also earn the right to “wear the blue” of Survive, Thrive & Be Fit and receive your FREE ST&BF t-shirt and other ST&BF apparel and merchandise!

You are encouraged to watch the “Local Cancer Community Update” (contact Tim to have this about-weekly e-mail newsletter sent to your e-mail address or view it at [www.scccf.org/news](http://www.scccf.org/news)) for a variety of ST&BF activities throughout the year and occasional point updates!

### BENEFITS of Survive, Thrive & Be Fit:

- Live an active lifestyle during and after your cancer diagnosis!
- Connect with other area survivor-athletes committed to a healthy and active lifestyle!
- Earn “Survive, Thrive & Be Fit” merchandise & apparel!
- Join us in “Making Sheboygan County the Healthiest Place to Survive Cancer!”

### For More Information:

Contact Tim E. Renzelmann at 920-457-2223 or [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com).

## Active Survivors of Sheboygan Activity Log!

This exercise log is another way to earn points. You choose the activity to participate in and the intensity that is best for your current level of fitness! Record your daily exercise and activity on the log and submit them at the end of the month to Tim. Exercise 30-minutes or more 12-15 days during the month and you will earn one point, 16-19 days or more to earn 2 points, 20 days or more to earn 3 points.

<b>MARCH, 2020</b>		<b>Name:</b>		
Date	Day	Activity	Duration	Did you exercise for 30 minutes or more?
1	Su			<input type="checkbox"/> YES <input type="checkbox"/> NO
2	Mo			<input type="checkbox"/> YES <input type="checkbox"/> NO
3	Tu			<input type="checkbox"/> YES <input type="checkbox"/> NO
4	We			<input type="checkbox"/> YES <input type="checkbox"/> NO
5	Th			<input type="checkbox"/> YES <input type="checkbox"/> NO
6	Fr			<input type="checkbox"/> YES <input type="checkbox"/> NO
7	Sa			<input type="checkbox"/> YES <input type="checkbox"/> NO
8	Su			<input type="checkbox"/> YES <input type="checkbox"/> NO
9	Mo			<input type="checkbox"/> YES <input type="checkbox"/> NO
10	Tu			<input type="checkbox"/> YES <input type="checkbox"/> NO
11	We			<input type="checkbox"/> YES <input type="checkbox"/> NO
12	Th			<input type="checkbox"/> YES <input type="checkbox"/> NO
13	Fr			<input type="checkbox"/> YES <input type="checkbox"/> NO
14	Sa			<input type="checkbox"/> YES <input type="checkbox"/> NO
15	Su			<input type="checkbox"/> YES <input type="checkbox"/> NO
16	Mo			<input type="checkbox"/> YES <input type="checkbox"/> NO
17	Tu			<input type="checkbox"/> YES <input type="checkbox"/> NO
18	We			<input type="checkbox"/> YES <input type="checkbox"/> NO
19	Th			<input type="checkbox"/> YES <input type="checkbox"/> NO
20	Fr			<input type="checkbox"/> YES <input type="checkbox"/> NO
21	Sa			<input type="checkbox"/> YES <input type="checkbox"/> NO
22	Su			<input type="checkbox"/> YES <input type="checkbox"/> NO
23	Mo			<input type="checkbox"/> YES <input type="checkbox"/> NO
24	Tu			<input type="checkbox"/> YES <input type="checkbox"/> NO
25	We			<input type="checkbox"/> YES <input type="checkbox"/> NO
26	Th			<input type="checkbox"/> YES <input type="checkbox"/> NO
27	Fr			<input type="checkbox"/> YES <input type="checkbox"/> NO
28	Sa			<input type="checkbox"/> YES <input type="checkbox"/> NO
29	Su			<input type="checkbox"/> YES <input type="checkbox"/> NO
30	Mo			<input type="checkbox"/> YES <input type="checkbox"/> NO
31	Tu			<input type="checkbox"/> YES <input type="checkbox"/> NO
<b>Total "Yes" Checks for the Month:</b>				

20 or more "Yes" checks = 3 pts. 16 to 19 checks = 2 pts. 12 to 15 checks = 1 pt.

At the end of the month (and before the last day of the next month) submit this form to Tim

<b>APRIL, 2020</b>		<b>Name:</b>		
Date	Day	Activity	Duration	Did you exercise for 30 minutes or more?
1	We			<input type="checkbox"/> YES <input type="checkbox"/> NO
2	Th			<input type="checkbox"/> YES <input type="checkbox"/> NO
3	Fr			<input type="checkbox"/> YES <input type="checkbox"/> NO
4	Sa			<input type="checkbox"/> YES <input type="checkbox"/> NO
5	Su			<input type="checkbox"/> YES <input type="checkbox"/> NO
6	Mo			<input type="checkbox"/> YES <input type="checkbox"/> NO
7	Tu			<input type="checkbox"/> YES <input type="checkbox"/> NO
8	We			<input type="checkbox"/> YES <input type="checkbox"/> NO
9	Th			<input type="checkbox"/> YES <input type="checkbox"/> NO
10	Fr			<input type="checkbox"/> YES <input type="checkbox"/> NO
11	Sa			<input type="checkbox"/> YES <input type="checkbox"/> NO
12	Su			<input type="checkbox"/> YES <input type="checkbox"/> NO
13	Mo			<input type="checkbox"/> YES <input type="checkbox"/> NO
14	Tu			<input type="checkbox"/> YES <input type="checkbox"/> NO
15	We			<input type="checkbox"/> YES <input type="checkbox"/> NO
16	Th			<input type="checkbox"/> YES <input type="checkbox"/> NO
17	Fr			<input type="checkbox"/> YES <input type="checkbox"/> NO
18	Sa			<input type="checkbox"/> YES <input type="checkbox"/> NO
19	Su			<input type="checkbox"/> YES <input type="checkbox"/> NO
20	Mo			<input type="checkbox"/> YES <input type="checkbox"/> NO
21	Tu			<input type="checkbox"/> YES <input type="checkbox"/> NO
22	We			<input type="checkbox"/> YES <input type="checkbox"/> NO
23	Th			<input type="checkbox"/> YES <input type="checkbox"/> NO
24	Fr			<input type="checkbox"/> YES <input type="checkbox"/> NO
25	Sa			<input type="checkbox"/> YES <input type="checkbox"/> NO
26	Su			<input type="checkbox"/> YES <input type="checkbox"/> NO
27	Mo			<input type="checkbox"/> YES <input type="checkbox"/> NO
28	Tu			<input type="checkbox"/> YES <input type="checkbox"/> NO
29	We			<input type="checkbox"/> YES <input type="checkbox"/> NO
30	Th			<input type="checkbox"/> YES <input type="checkbox"/> NO
<b>Total "Yes" Checks for the Month:</b>				

20 or more "Yes" checks = 3 pts. 16 to 19 checks = 2 pts. 12 to 15 checks = 1 pt.

At the end of the month (and before the last day of the next month) submit this form to Tim