# “Winter Games” log: Week of February 9–15, 2009

| Team: | |
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**To earn “Winter Games” points,** individual team members may participate in any official Winter Olympic sport (biathlon, bobsleigh, skeleton, curling, ice hockey, luge, figure skating, speed skating, downhill skiing, ski jumping, freestyle skiing, cross country skiing, or snowboarding)* or in any other activity done outdoors. (Note that all exercise totals will be weighted by total number of team members, so there is no advantage to larger teams.)

On this sheet, type your team name above, and in the form below, record the day of the week, type of activity, name of participating team member, and the duration of the activity in minutes. Add additional sheets as needed. Remember that these activities also count toward individual exercise totals for the week, so make sure participants also record these activities on their individual exercise logs.

**To enter your team in the “Winter Games” contest:** Return this filled-out form as an email attachment to getfit@mit.edu. Put “Winter Games” as the subject of your email. The deadline for submitting your form to the above email address is 5 p.m. on Tuesday, February 17, 2009. In the unlikely event of a tie, the winner will be determined by variety of activities and number of team members participating (based on total number of team members). The winner will be announced on the getfit@mit website (http://getfit.mit.edu) on Friday, February 20, 2009.

| Day | Activity | Name of team member | Number of Minutes |
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*For detailed information on the sports of the Winter Olympics, see links to individual sports at http://www.olympic.org

| **Team:** | |
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| Day | Activity | Name of team member | Number of Minutes |
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