

Public Parks: ○

1. Central Park
140 E. Hadley St

2. Grant Park
701 S. 3rd Ave

3. Civic Space Park
424 N. Central Ave

4. Verde Park
916 E. Van Buren St

5. Encanto Park
2605 N 15th Ave

Public pool

6. Falcon Park
3420 W. Roosevelt St

Public pool

7. Steele Indian School Park
300 E. Indian School Rd

8. Lindo Park
2230 W. Roeser Rd

9. Roesley Park
4205 S. 15th Ave

10. El Prado Park
6428 S. 19th Ave

11. El Reposo Park
502 E. Alta Vista Rd

12. Cesar Chavez Park
7858 S. 35th Ave

13. Esteban Park
3345 E. Roeser Rd

14. Kiwanis Park
5500 S. Mill Ave

Hiking trails: △
15. South Mountain Park
10919 S. Central Ave

16. Papago Park
625 N. Galvin Pkwy

Fitness gyms: □

17. Eos Fitness: \$10 per month
1 E. Washington Street St. #250

Planet Fitness: 24/7 \$10 per month
18. 1625 W. Camelback Rd
19. 3975 E. Thomas Rd
20. 3636 W. Southern Ave

Youfit: \$10 per month
1515 E. Bethany Home Rd
6135 N. 35th Ave

Canal trails: ☆

21. Grand Canal Path:
Trail end points - W. Bethany Home Rd.
and N. 99th Ave. (Glendale) and W.
Washington St. (Tempe)

22. Old Cross Cut Canal Path:
Trail end points - E. Indian School Rd. and
N. 48th St. and E. McDowell Rd.

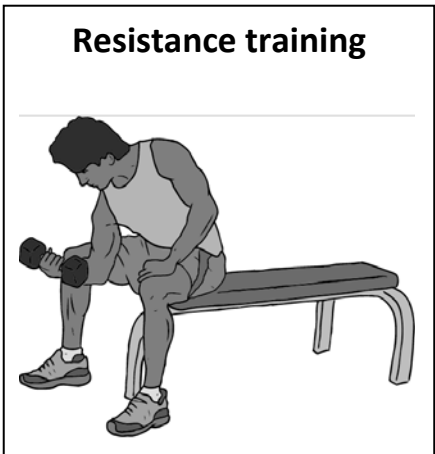
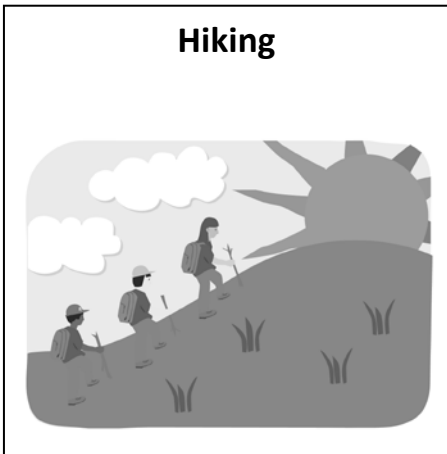
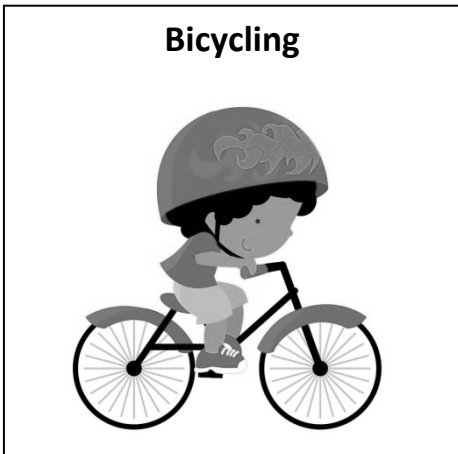
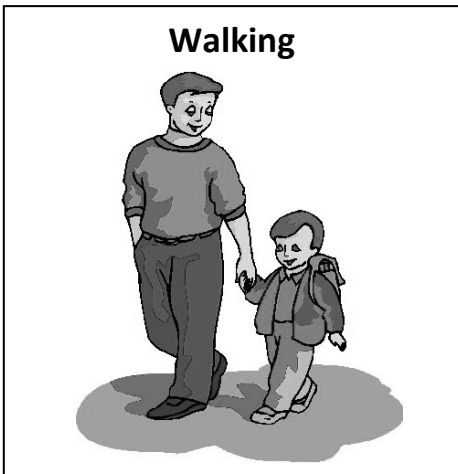
23. Western Canal:
Trail endpoints - W. Carver Rd. and S. 35th
St. (Phoenix) and Consolidated Canal Path
(Gilbert)



Exercise Log

Get **30 minutes** of exercise, **5 days** a week

Types of Exercise



In your exercise log: Checkmark which days you exercised for at least 30 minutes

Date of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday