GB Parks Rx

activity log

What is GB Parks Rx?

To encourage healthy lifestyles and physical activity, Prevea Health, Live54218, The City of Green Bay and the Wisconsin Beverage Association partnered to create a local parks prescription program.

We're asking families to get more active. Use this activity log to record your activity each day* and turn in your completed activity log for a chance to win an athletic shopping trip with a Prevea Health Coach.

First Name _____ Last Name _____ Guardian Initials_____

Phone number (_____)_____

Zip Code _____ Age _____ Gender ☐ Boy ☐ Girl

Three easy ways to return completed log!

1. Hand in to your Park and Rec program instructor
2. Send via email to Shane McMullen, GB Park Rx Coordinator: shane.mcmullen@prevea.com
3. Drop off at any of the following locations:

Prevea Allouez Health Center
1821 S. Webster Ave., Green Bay 54301

Prevea Ashwaubenon Health Center
2502 S Ashland Ave., Green Bay 54304

Prevea East De Pere Health Center
3860 Monroe Road (County Road GV),
De Pere 54115

Prevea East Mason Health Center
3021 Voyager Dr., Green Bay 54311

Prevea Howard Health Center
2793 Lineville Road, Green Bay 54313

Prevea St. Mary's Health Center
1715 Dousman St., Green Bay 54303

Prevea West De Pere Health Center
1686 Eisenhower Road, De Pere

Green Bay City Hall
Room 510 or 24/7 dropbox available at entrance
100 N. Jefferson St.
Green Bay, 54301

Bay Beach Wild Life Sanctuary
1660 E Shore Dr, Green Bay, 54302

Date	Activity	Minutes
Sept. 19	Walk/bike ride with family	30 minutes
Sept. 19	Played tag	10 minutes
Sept. 20	Football practice/Dance class	60 minutes

*Set a goal to get at least one hour of activity per day. You may split up the time throughout your day. If you don't reach one hour, record how much time you were able to fit in that day.

Total _____

LIVE 5 4 2 1 8 .ORG℠ 5 EAT 5 fruits and vegetables! 4 DRINK 4 bottles of water! 2 WATCH less than 2 hours of screen time! 1 JOIN in at least 1 hour of physical activity! 8 SLEEP at least 8 hours each night!

PREVEA health

CITY OF GREEN BAY 1854 Titletown, USA

Download and print a new log at prevea.com/gbparksrx