**規律運動紀錄表**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 系級： | | | 姓名： | | | 性別： | | |
| 次數／日期 | | 運動時間  (點:分~點:分) | | 運動項目 | 服務助理簽章 | | 點數 | |
| 15分鐘  0.5點 | 30分鐘  1點 |
| 1 |  |  | |  |  | |  |  |
| 2 |  |  | |  |  | |  |  |
| 3 |  |  | |  |  | |  |  |
| 4 |  |  | |  |  | |  |  |
| 5 |  |  | |  |  | |  |  |
| 6 |  |  | |  |  | |  |  |
| 7 |  |  | |  |  | |  |  |
| 8 |  |  | |  |  | |  |  |
| 9 |  |  | |  |  | |  |  |
| 10 |  |  | |  |  | |  |  |
| 11 |  |  | |  |  | |  |  |
| 12 |  |  | |  |  | |  |  |
| 13 |  |  | |  |  | |  |  |
| 14 |  |  | |  |  | |  |  |
| 15 |  |  | |  |  | |  |  |
| 16 |  |  | |  |  | |  |  |
| 17 |  |  | |  |  | |  |  |
| 18 |  |  | |  |  | |  |  |
| 19 |  |  | |  |  | |  |  |
| 20 |  |  | |  |  | |  |  |
| 點數總計 | | | | | | |  | |

備註：1.規律運動表請依場館開放時間給工讀生核章簽名，才能認列。

2.認列標準：每次運動2小時為上限，每日至多2次；每次運動需間隔2小時。

3.運動時間統一由工讀生填寫，請勿自行修改；修改處務必請工讀生核章。