

# Physical Activity Log

Month: \_\_\_\_\_

Student name \_\_\_\_\_

Teacher \_\_\_\_\_

Signature \_\_\_\_\_

Be active **60 minutes** or more at least **15 days** per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. **Get Out and Play, Every Day!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



[www.healthyfuturesak.org](http://www.healthyfuturesak.org)