

PHYSICAL ACTIVITY LOG

Day of the week	Activity & Minutes	Activity & Minutes	Activity & Minutes	Total Minutes
<i>Example</i>	<i>3 mile run 42 minutes</i>	<i>Walked the dog 15 minutes</i>	<i>Tabata 4 minutes</i>	<i>61 minutes</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

GOAL = 60 MINUTES OF ACTIVITY EVERYDAY!

Name: _____

Grade: _____

