Physical Activity Log

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goal: 60 minutes a day. At least 5 days a week

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day/Date | Activity# of Minutes | Activity# of Minutes | Activity# of Minutes | Total # of Minutes |
| Example:Saturday4/4 | Walking Dog30 min | Riding Bike20 min | Playing outside30 min | 80 min |
| MondayDate: |  |  |  |  |
| TuesdayDate: |  |  |  |  |
| WednesdayDate: |  |  |  |  |
| ThursdayDate: |  |  |  |  |
| FridayDate: |  |  |  |  |
| SaturdayDate: |  |  |  |  |
| SundayDate: |  |  |  |  |