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:  Saturday  4/4 | Walking Dog  30 min | Riding Bike  20 min | Playing outside  30 min | 80 min |
| Monday  Date: |  |  |  |  |
| Tuesday  Date: |  |  |  |  |
| Wednesday  Date: |  |  |  |  |
| Thursday  Date: |  |  |  |  |
| Friday  Date: |  |  |  |  |
| Saturday  Date: |  |  |  |  |
| Sunday  Date: |  |  |  |  |