Physical Activity Log

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day & Date** | **Activity**  **# of Minutes** | **Activity**  **# of Minutes** | **Activity**  **# of Minutes** | **Total # of Minutes** |
| *Example: Wednesday 4/8/20* | *Jogging*  *30 minutes* | *Walking*  *15 minutes* | *Jump Rope*  *15 minutes* | 60 minutes |
| **Monday** |  |  |  |  |
| **Tuesday** |  |  |  |  |
| **Wednesday** |  |  |  |  |
| **Thursday** |  |  |  |  |
| **Friday** |  |  |  |  |
| **Saturday** |  |  |  |  |
| **Sunday** |  |  |  |  |

**Goal: 60 Minutes Daily!**

**Goal 60 Minutes Daily!**

**Name:**

**Week of:**