

Name _____

Week of _____

Physical Activity Log

Record your physical activity for each day. Use a timer to check how long you exercise.

Day/Date	Activity/ Minutes	Activity/ Minutes	Activity/ Minutes	Total Minutes

My physical activity goal this week: _____ minutes!

I met my goal!

I'll keep working!

SAMPLE

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Week of _____

Physical Activity Log

Record your physical activity for each day. Use a timer to check how long you exercise.

Day/Date	Activity/ Minutes	Activity/ Minutes	Activity/ Minutes	Total Minutes
Monday, 3/23	Jumping Jacks 5 minutes	Jump on trampoline 20 minutes	Playing catch 15 minutes	40 minutes
Tuesday, 3/24	Jump rope 10 minutes	Playing tag 15 minutes	Jump on trampoline 20 minutes	45 minutes
Wednesday, 3/25	Playing tag 15 minutes	Playing catch 15 minutes	Jumping Jacks 5 minutes	35 minutes
Thursday, 3/26	Playing catch 15 minutes	Jump on trampoline 20 minutes	Playing tag 15 minutes	50 minutes
Friday, 3/27	Jump on trampoline 20 minutes	Playing tag 15 minutes	Playing catch 15 minutes	50 minutes
				220 minutes

My physical activity goal this week: **120** minutes!

I met my goal!

I'll keep working!