

Physical Activity Log

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
	<i>Soccer 20min</i>	<i>Bike Ride 20min</i>	<i>Walking 20min</i>	<i>60 minutes</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

GOAL = 60 Minutes Daily

NAME = _____

WEEK OF = _____

