



# Physical Activity Log



Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Wednesday 2/28/14	Soccer 15 min	Walking 20 min	Climbing trees 5 min	40 min
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goal **60** Minutes Daily!

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

Week of: \_\_\_\_\_

