

PHYSICAL ACTIVITY LOG

*Be active 60 minutes or more at least 15 days per month. Write down
Your activity or color in the boxes for the days you are physically
active for at least 60 minutes. Get Out and Play, Every Day!*

Month:

Date:

Student name:

Teacher:

Signature:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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SATURDAY