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:**