**Physical Activity Log**

Use this activity log to track your physical activity minutes for the next few weeks.

Have an adult sign their initials next to each day that you complete 30 minutes.

**Week 1:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Sample Day** | Write you’re activity  goal: 10 minutes | Write you’re activity  goal: 10 minutes | Write you’re activity  goal: 10 minutes | 30 minutes |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day 8** |  |  |  |  |
| **Day 9** |  |  |  |  |
| **Day 10** |  |  |  |  |
| **Day 11** |  |  |  |  |
| **Day 12** |  |  |  |  |
| **Day 13** |  |  |  |  |
| **Day 14** |  |  |  |  |