



# Physical Education

## ACTIVITY LOG

### 1-Week Physical Activity Log

- Use this activity log to track your physical activity minutes for 1 week.
- Can you get 30-60 minutes of activity each day?
- Can you do this for an entire week?

#### Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
<b>Sample Day</b>	<i>Active Outside 30 Mins</i>	<i>Walk with Family 15 Mins</i>	<i>Dance Challenge 15 minutes</i>	<i>30-60 minutes</i>
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				
<b>Day 6</b>				
<b>Day 7</b>				