

Physical Education

ACTIVITY LOG

4 - Week Physical Activity Log

Use This activity log to track your physical activity minutes for as many needed weeks.

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



WEEK 1

Week 2

DAY	Activity 1	Activity 2	Activity 3	DAY	Activity 1	Activity 2	Activity 3	
	Active Outside 30 Minutes	Walk with Family 15 Minutes	Dance Challenge 15 minutes		Active Outside 30 Minutes	Walk with Family 15 Minutes	Physical Fitness 15 minutes	TOTAL
Day 1				Day 1				
Day 2				Day 2				
Day 3				Day 3				
Day 4				Day 4				
Day 5				Day 5				
Day 6				Day 6				
Day 7				Day 7				

WEEK 3

Week 4

DAY	Activity 1	Activity 2	Activity 3	DAY	Activity 1	Activity 2	Activity 3	
	Active Outside 30 Minutes	Walk with Family 15 Minutes	Dance Challenge 15 minutes		Active Outside 30 Minutes	Walk with Family 15 Minutes	Physical Fitness 15 minutes	TOTAL
Day 1				Day 1				
Day 2				Day 2				
Day 3				Day 3				
Day 4				Day 4				
Day 5				Day 5				
Day 6				Day 6				
Day 7				Day 7				