



Physical Education

ACTIVITY LOG

2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks. Have an adult type their initials next to each day that you complete 60 minutes.

Go to *File > Make a Copy* to put this log in your Google Folder and save your progress online.

Day	Activity 1	Activity 2	Activity 3	Total
<i>Sample Day</i>	<i>Active Outside 30 Minutes</i>	<i>Walk with Family 15 Minutes</i>	<i>Dance Project 15 Minutes</i>	<i>60 Minutes</i>
Week of (Type Date Here)				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Week of (Type Date Here)				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				



IS A PUBLIC SERVICE OF

