

Name: .....



# Physical Activity Log

Instructions: Write the date for the beginning of the week. Place a tick in the box for each day you are physically active. Underneath each day, write down the total time you were active, and the type of activity you performed. Aim for 30 minutes of physical activity five days a week. At the end of the week note down any challenges or improvements you experienced during the week.

<b>Week Beginning Sunday</b> ..... / ..... / .....							
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Total Minutes</b>							
<b>Type of Activity</b>							
<b>Note any challenges or improvements you experienced this week</b>							

<b>Week Beginning Sunday</b> ..... / ..... / .....							
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Total Minutes</b>							
<b>Type of Activity</b>							
<b>Note any challenges or improvements you experienced this week</b>							

<b>Week Beginning Sunday</b> ..... / ..... / .....							
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Total Minutes</b>							
<b>Type of Activity</b>							
<b>Note any challenges or improvements you experienced this week</b>							

<b>Week Beginning Sunday</b> ..... / ..... / .....							
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Total Minutes</b>							
<b>Type of Activity</b>							
<b>Note any challenges or improvements you experienced this week</b>							