

### Weekly Physical Activity Log

Use this activity log to track your physical activity minutes.

Have an adult sign their initials next to each day that you complete at least 30 minutes of physical activity.

**Week 4:**

| Day   | Activity 1               | Activity 2             | Activity 3                                   | Total      |
|-------|--------------------------|------------------------|--|------------|
|       | Daily Workout<br>15 Mins | Skill Focus<br>15 Mins | Challenge/Activity<br>Calendar<br>15 minutes | 45 minutes |
| Day 1 |                          |                        |  |            |
| Day 2 |                          |                        |  |            |
| Day 3 |                          |                        |  |            |
| Day 4 |                          |                        |  |            |
| Day 5 |                          |                        |  |            |
| Day 6 |                          |                        |  |            |
| Day 7 |                          |                        |  |            |

**Week 5:**

| Day   | Activity 1               | Activity 2             | Activity 3                                   | Total      |
|-------|--------------------------|------------------------|--|------------|
|       | Daily Workout<br>15 Mins | Skill Focus<br>15 Mins | Challenge/Activity<br>Calendar<br>15 minutes | 45 minutes |
| Day 1 |                          |                        |  |            |
| Day 2 |                          |                        |  |            |
| Day 3 |                          |                        |  |            |
| Day 4 |                          |                        |  |            |
| Day 5 |                          |                        |  |            |
| Day 6 |                          |                        |  |            |
| Day 7 |                          |                        |  |            |

**Week 6:**

| Day   | Activity 1               | Activity 2             | Activity 3                                   | Total      |
|-------|--------------------------|------------------------|--|------------|
|       | Daily Workout<br>15 Mins | Skill Focus<br>15 Mins | Challenge/Activity<br>Calendar<br>15 minutes | 45 minutes |
| Day 1 |                          |                        |  |            |
| Day 2 |                          |                        |  |            |
| Day 3 |                          |                        |  |            |
| Day 4 |                          |                        |  |            |
| Day 5 |                          |                        |  |            |
| Day 6 |                          |                        |  |            |
| Day 7 |                          |                        |  |            |