

### 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 1:

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

#### Week 2:

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

#### Week 3:

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