Name:

My Physical Activity Log

Week beginning:

| Day | Activity and number of minutes | Total number of minutes |
|-----------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|-------------------------|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |

Goal: 60 minutes every day!