



## ACTIVITY LOG

Name: \_\_\_\_\_

Month: \_\_\_\_\_

WEEK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							

Great job being active! Use this log to track the type of activity you did and the number of minutes you were active.

Aim for at least 60min a day - Have fun!