



PHYSICAL ACTIVITY LOG



MOVE YOUR BODY. BOOST YOUR HEALTH. FEEL YOUR BEST!

Name: _____

Week of: _____

Grade: _____

DAY	TYPE OF ACTIVITY (e.g., running, PE, walk, yoga, sports)	DURATION (minutes)	INTENSITY (Light / Moderate / Vigorous)	HOW DID I FEEL? (Before / After)	NOTES
MONDAY 					
TUESDAY 					
WEDNESDAY 					
THURSDAY 					
FRIDAY 					
SATURDAY 					
SUNDAY 					

WEEKLY SUMMARY

Total Days Active: / 7

Total Minutes Active: _____

Favorite Activity This Week:

MY GOALS

My Goal for Next Week:

How I Will Achieve My Goal:

BENEFITS OF BEING ACTIVE



Strengthens my heart and muscles



Boosts my mood and reduces stress



Helps me sleep better



Improves focus and learning

★ EVERY MOVE COUNTS! BE PROUD OF YOUR PROGRESS! ★