



PHYSICAL ACTIVITY LOG

BE ACTIVE. STAY STRONG. FEEL GREAT!



NAME: _____ GRADE: _____ TEACHER: _____

WEEK OF: _____

DAY	TYPE OF ACTIVITY (e.g., run, swim, dance, PE, bike, yoga, strength training)	DURATION (minutes)	INTENSITY (circle one)	CALORIES BURNED (approx.)	HOW DID I FEEL? (circle one)	NOTES
			Light Moderate Vigorous			
MONDAY			Light Moderate Vigorous			
TUESDAY			Light Moderate Vigorous			
WEDNESDAY			Light Moderate Vigorous			
THURSDAY			Light Moderate Vigorous			
FRIDAY			Light Moderate Vigorous			
SATURDAY			Light Moderate Vigorous			
SUNDAY			Light Moderate Vigorous			

WEEKLY TOTALS

Total Minutes Active: _____

Total Calories Burned: _____

Days I Was Active: _____ / 7

My Best Day: _____

ACTIVITY TRACKER

Color in a shoe for each day
you were active.



MY ACHIEVEMENTS



I am proud of:

I improved by:

Next week, I will:

WATER INTAKE

Color a drop for each glass
of water you drank.



STRETCH & MOVE

Did you stretch or do a cool-down?

M T W T F S S

Daily Reminder: Warm up before activity
and cool down after!



BENEFITS OF BEING ACTIVE

- ☒ Improves heart health
- ☒ Builds strong muscles and bones
- ☒ Boosts mood and reduces stress
- ☒ Helps me sleep better
- ☒ Increases energy and focus



★ SMALL STEPS EVERY DAY LEAD TO BIG RESULTS! ★