

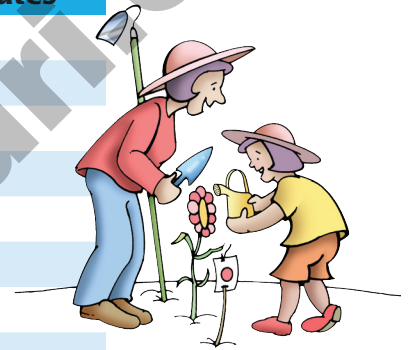
MyActivity Log

Be physically active at least 60 minutes every day, or most days.



Week 1	Activity	# of minutes
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	
		Total for the week:

Week 2	Activity	# of minutes
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	
		Total for the week:



Week 3	Activity	# of minutes
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	
		Total for the week:



Week 4	Activity	# of minutes
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	
		Total for the week:





Week 5	Activity	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total for the week:		



Week 6	Activity	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total for the week:		



Week 7	Activity	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total for the week:		

Week 8	Activity	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total for the week:		



Student signature _____ Date _____ Adult signature _____ Date _____

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