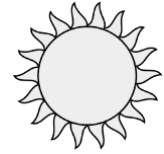




Physical Activity Log



Date & Day	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
EXAMPLE Monday 3-23-2020	<i>Jog</i> 30 min	<i>Basketball</i> 20 min	<i>Cleaning House</i> 1 hour	<i>1 hour 50 minutes</i>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Goal is 60 Minutes Daily

NAME: _____

WEEK: _____

Submit to either Mr. Maring or Ms. Harvey via email, kyle.maring@d11.org or brittney.harvey@d11.org.