



# Physical Activity Logs

| Day & Date                       | Activity # of Minutes                                    | Activity # of Minutes       | Activity # of Minutes      | Total # of Minutes |
|----------------------------------|--|-----------------------------|----------------------------|--------------------|
| Wednesday<br>4-1-12<br>(Example) | Daily Warm-Ups<br>(HOLMES WORKOUT)<br>(3X)<br>10 minutes | Walk w/family<br>40 minutes | Shot baskets<br>20 minutes | 1 hour 10 minutes  |
| Monday                           |  |                             |                            |                    |
| Tuesday                          |  |                             |                            |                    |
| Wednesday                        |  |                             |                            |                    |
| Thursday                         |  |                             |                            |                    |
| Friday                           |  |                             |                            |                    |
| Saturday                         |  |                             |                            |                    |
| Sunday                           |  |                             |                            |                    |

*Goal 60 Minutes A Day!!*



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

Week of:

## Directions

1. Print out document above or create your own with paper and pencil.
2. Keep track of your physical activity for the week, by documenting your activities and minutes. (Your goal should be 60 minutes each day)
3. Upon completion of the activity, take a picture of your completed log sheet with your name on it and submit to me through Schoology.
4. Please submit on Mondays.