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| --- | --- | --- | --- | --- |
|  | Physical Activity Log | | | |
|  |  | | | |
| Day of the week | Activity | Time of day | # of minutes | Notes |
| 1. Monday | 1.  2.  3. | 1.  2.  3. |  |  |
| 1. Tuesday | 1.  2.  3. | 1.  2.  3. |  |  |
| 1. Wednesday | 1.  2.  3. | 1.  2.  3. |  |  |
| 1. Thursday | 1.  2.  3. | 1.  2.  3. |  |  |
| 1. Friday | 1.  2.  3. | 1.  2.  3. |  |  |
| 1. Saturday | 1.  2.  3. | 1.  2.  3. |  |  |
| 1. Sunday | 1.  2.  3. | 1.  2.  3. |  |  |