**1 Week Physical Activity Log**

**Use this activity log to track your physical activity minutes for each day**

**Place a check mark in the box that corresponds to the activities you completed**

**Have an adult sign their initials next to each day that you complete 30 minutes.**

**EX:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total Minutes** | **Parent Initial** |
| **Day #** | **Dice Cardio**  **10 Minutes** | **Tic Tac Toe Fitness**  **10 Minutes** | **Outdoor Activity**  **10 Minutes** | **Total Minutes Completed** | **Parent Initial Upon Completion** |
| **1** | **✓** | **x** | **✓** | **20** | **KT** |

**WEEK 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total Minutes** | **Parent Initial** |
| **Day #** | **Dice Cardio**  **10 Minutes** | **Tic Tac Toe Fitness**  **10 Minutes** | **Outdoor Activity**  **10 Minutes** | **Total Minutes Completed** | **Parent Initial Upon Completion** |
| **1** |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | | **Activity 2** | | **Activity 3** | | **Total Minutes** | | **Parent Initial** | |
| **Day #** | **Dice Cardio**  **10 Minutes** | | **Tic Tac Toe Fitness**  **10 Minutes** | | **Outdoor Activity**  **10 Minutes** | | **Total Minutes Completed** | | **Parent Initial Upon Completion** | |
| **2** |  |  | |  | |  | |  | |