**2-Week Physical Activity Log**

Use this activity log to track your physical activity minutes for 2 weeks.

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

**Week 1:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Sample Day** | Active Outside  30 Mins | Walk with Family  15 Mins | Dance Challenge  15 minutes | 60 minutes |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |

**Week 2:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |