

Physical Activity Log

Be active **60 minutes** or more at least **15 days** per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. **Get Out and Play, Every Day!**

| | | | | | | |
|----------|--------|----------|-----------|---------|--------|--------|
| Saturday | Friday | Thursday | Wednesday | Tuesday | Monday | Sunday |
| Saturday | Friday | Thursday | Wednesday | Tuesday | Monday | Sunday |
| Saturday | Friday | Thursday | Wednesday | Tuesday | Monday | Sunday |
| Saturday | Friday | Thursday | Wednesday | Tuesday | Monday | Sunday |
| Saturday | Friday | Thursday | Wednesday | Tuesday | Monday | Sunday |
| Saturday | Friday | Thursday | Wednesday | Tuesday | Monday | Sunday |

Month: _____
 Student name _____
 Teacher _____
 Signature _____

