## 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.

Week 1:

| Day | Activity 1 | Activity 2 | Activity 3 | Total |
| :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & \text { Sample } \\ & \text { Day } \end{aligned}$ | DEAM calendar challenge 15 Mins | Play with Friends 30 Mins | walked my Dog 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 |  |  |  |  |

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