## 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:

| DaySample <br> Day | Active Outside | Walk with <br> Family | Dance Challenge | 30 minutes |
| :---: | :---: | :---: | :---: | :---: |
| Day 1 |  |  |  | Total |
| 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 |  |  |  |  |

