Use this activity log to track your physical activity minutes for 1 week.

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| --- | --- | --- | --- | --- |
| Day | Activity 1 | Activity 2 | Activity 3 | Total |
| Sample Day | Played soccer with sister for 20 minutes. | Swam for 30 minutes. | Dance challenge for 10 minutes. | 60 Minutes |
| Day 1 |  |  |  |  |
| Day 2 |  |  |  |  |
| Day3 |  |  |  |  |
| Day 4 |  |  |  |  |
| Day 5 |  |  |  |  |
| Day 6 |  |  |  |  |
| Day 7 |  |  |  |  |