My Physical Activity Log
Write what you did to stay active each day or write what you did the days you were active.

| Weeks | Monday | Tuesday | Wednesday | Thursday | Friday |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Week 3 <br> Dates: |  |  |  |  |  |
| Week 4 <br> Dates: |  |  |  |  |  |
| Week 5 <br> Dates: |  |  |  |  |  |
| Week 6 <br> Dates: |  |  |  |  |  |

