

Name: _____

Block: _____

Physical Activity Log Week _____

Day/ Activity	Monday _____	Tuesday _____	Wednesday _____	Thursday _____	Friday _____	Saturday _____	Sunday _____
Level of Intensity							
Time							
Description of Physical Activity							
Level of Intensity							
Time							
Description of Physical Activity							
Level of Intensity							
Time							
Description of Physical Activity							

Physical Activity Log Week _____

Day/ Activity	Monday _____	Tuesday _____	Wednesday _____	Thursday _____	Friday _____	Saturday _____	Sunday _____
Level of Intensity							
Time							
Description of Physical Activity							
Level of Intensity							
Time							
Description of Physical Activity							

Total Time Moderate or Vigorous							
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ONE PARAGRAPH WRITE UP

Attach a one paragraph (typed or NEATLY hand written) write up on your physical activity for the week. Was it an overly active week or a week where you moved less than normal? Does this log reflect your normal schedule? Did you enjoy the physical activity that you did? Why or why not? Did you participate in Physical Activity with friends?