

	PHYSICAL ACTIVITY LOG						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH - Minimum of 5 minutes							
AEROBIC ACTIVITIES - power walk, jog, biking, jump rope etc...							
STRENGTHENING EXERCISES - sit-ups, push-ups, squats, lunges, etc...							
OTHER ACTIVITIES - swimming, soccer, dance, yoga, gymnastics, martial arts							

GOAL 60 MINUTES DAILY

NAME: _____ **ROOM #** _____ **WEEK OF** _____