

8 Week Activity Log

It is recommended that every adult get at least 30 minutes of physical activity and each child get at least 30-60 minutes of physical activity, 5 days per week. Use this activity log to track your activity or your child's activity and see if the activity totals are meeting or exceeding this goal. Give yourself or your child a checkmark for each 30 minutes of activity completed each day.

Week 1	Week of _____		
	30 min	60 min	90 min
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Week 5	Week of _____		
	30 min	60 min	90 min
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Week 2	Week of _____		
	30 min	60 min	90 min
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Week 6	Week of _____		
	30 min	60 min	90 min
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Week 3	Week of _____		
	30 min	60 min	90 min
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Week 7	Week of _____		
	30 min	60 min	90 min
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Week 4	Week of _____		
	30 min	60 min	90 min
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

Week 8	Week of _____		
	30 min	60 min	90 min
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			