**2-Week Physical Activity Log**

Use this activity log to track your physical activity minutes for 2 weeks. Have an adult sign their initials next to each day that you complete.

**Week 1:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Sample Day** | DEAM Calendar Challenge  15 Mins | Play with Friends  30 Mins | Walked my Dog  15 minutes | 60 minutes |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |

**Week 2:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **Day 1** |  |  |  |  |
| **Day 2** |  |  |  |  |
| **Day 3** |  |  |  |  |
| **Day 4** |  |  |  |  |
| **Day 5** |  |  |  |  |
| **Day 6** |  |  |  |  |
| **Day 7** |  |  |  |  |