

# Physical Activity Log

Name \_\_\_\_\_

- Keep track of your physical activity.
- Write down the things that you do to move your body and how long you spend moving.
- When your log is full, return it to Miss Lennox so you can be on the Wall of Fame.

**Remember:** You want to try to add up at least 60 minutes of physical activities every day.

Date	Activities	Time (hr/min)

Parent signature

\_\_\_\_\_

Total \_\_\_\_\_ hours