

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

### Physical Activity Log

Use this activity log to track your physical activity minutes.

Complete 30 minutes of physical activity per day and have a parent sign it when completed.

Day	Activity 1	Activity 2	Activity 3	Total
Sample	Walk with Family 15 min	Soccer 10 min	Dance 10 min	35 min
Sample	Basketball 20 min	Jogged 10		30 min
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Parent Signature : \_\_\_\_\_

Here are some ideas to help with your activity log!

<b>Go for a bike ride with family member</b>	<b>Do 20 pushups</b>	<b>Help with yard work or chores</b>	<b>Play outside for 30 minutes</b>	<b>Put on your favorite music and dance for 15 minutes</b>
<b>Play Bocce Bags or Cone Hole</b>	<b>Play a game of hide and seek</b>	<b>Play soccer with a friend or family member</b>	<b>Move like your favorite animal for 5 minutes</b>	<b>Jump rope for 10 minutes</b>
<b>Play basketball for 15 minutes</b>	<b>Play catch with a family member or friend</b>	<b>Make and do a scavenger hunt</b>	<b>Skip around your yard or house for 10 minutes</b>	<b>Invent a new outdoor game and play it</b>
<b>Toss a football with a family member or friend</b>	<b>Do 10 pushups between commercial breaks of a TV show</b>	<b>Play a tag game with a friend or family member</b>	<b>Stretch for 10 minutes</b>	<b>Do 20 sit ups after every video game you play</b>