

Personal Weekly Physical Activity Log

Directions: Each day, write down the physical activities you do. Also, write how much time you spend doing each physical activity.

Example: Yesterday, John walked to the bus stop. He walked home from the bus stop. He also mowed the lawn.

Day	Activity	Time	Activity	Time	Activity	Time
Yesterday	<i>walk to bus stop</i>	<i>10 min.</i>	<i>walk home from bus stop</i>	<i>10 min.</i>	<i>mow the lawn</i>	<i>30 min.</i>

Day	Activity	Time	Activity	Time	Activity	Time
Day 1 (Yesterday)						
Day 2 (Today)						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						