Personal Weekly Physical Activity Log

Directions: In the chart below, write the physical activities you do, the time of day you do them, and how much time you spend doing them for seven days or as long as possible. Bring the chart back to class when you finish it or when your teacher tells you to bring it. You will need this chart to complete a writing assignment.

Example: On Day 1, John walked to and from the bus stop. He also mowed the lawn after dinner.

	Activity	Time of Day	Time Spent	Activity	Time of Day	Time Spent	Activity	Time of Day	Time Spent
Day 1	*walk to bus stop*	*morning*	*10 min.*	*walk home from bus stop*	*late afternoon*	*10 min.*	*mow the lawn*	*evening*	*30 min.*

	Activity	Time of Day	Time Spent	Activity	Time of Day	Time Spent	Activity	Time of Day	Time Spent
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									