Activity Log

Use this log to track your minutes of physical activity each day. If you'd like, you can also track more details about your activity, such as what activity you did, how far you went, how fast you went, how heavy your weights were, how many steps you took, and how many calories you burned.

Date	Minutes	Activity	Pace
Monday			☐ Easy ☐ **Moderate** ☐ Hard
Tuesday			☐ Easy ☐ **Moderate** ☐ Hard
Wednesday			☐ Easy ☐ **Moderate** ☐ Hard
Thursday			☐ Easy ☐ **Moderate** ☐ Hard
Friday			☐ Easy ☐ **Moderate** ☐ Hard
Saturday			☐ Easy ☐ **Moderate** ☐ Hard
Sunday			☐ Easy ☐ **Moderate** ☐ Hard
Total Minutes		**Weekly Reflection:** Write about your wins and challenges for this week.	