

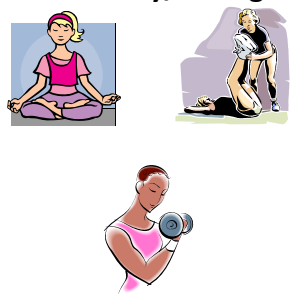


MY PHYSICAL ACTIVITY LOG

NAME: _____ **TEACHER:** _____

Write down five types of activities that you do over the course of the next week. Be sure to list the amount of time you spent doing the activity as well. Then choose which category your activity falls under (everyday activity, aerobics and recreational, or flexibility and strength) and check it off. Please be sure to have your log signed by your parent/guardian before handing in to your P.E. teacher.

What activity did you do?	How long did you do it?	Everyday Activity 	Aerobics/Recreational 	Flexibility/Strength 
1				
2				
3				
4				
5				
Total number of Minutes:		Parent/Guardian Signature:		