Physical Activity Log

Name:_____

Weekly Goal: I can _____

_____.

Date	How many minutes were you physically active?	What physical activity did you do?	What intensity level did you reach?	What body parts did you work?	How do you feel? (circle your answer)
					Bad Okay Great!
					Bad Okay Great!
					Bad Okay Great!
					Bad Okay Great!
					Bad Okay Great!
					Bad Okay Great!
					Bad Okay Great!
					Bad Okay Great!