



Exercising Log

Guidelines from the Department of Health and Human Services say that children and adolescents age 6 and older need at least an hour a day of physical activity. Each day write down what activity you did and for how long so you can make sure you are active for 60 minutes each day!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1							
Week 2							
Week 3							
Week 4							