

# Physical Activity Log

Last name \_\_\_\_\_

First name \_\_\_\_\_

Health/PE teacher \_\_\_\_\_ Period \_\_\_\_\_

Start date \_\_\_\_\_ End date \_\_\_\_\_

Return completed log each Monday.

**To complete the Challenge, be active at least 30 minutes, 4 days each week. For the best health, aim for 60 minutes every day.**

**Light** = You will be moving, but your heart rate and breathing will not change much.

**Moderate** = Your breathing and heart rate are noticeably faster but you can have a conversation.

**Vigorous** = Your heart rate is increased and you're breathing too hard to have a conversation.

**Sugary drink** = Soda, powdered drinks, energy drinks, fruit-flavored juices, or any drink that has added sugar, corn syrup, or another type of caloric sweetener in the ingredient list

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Activities: _____	Activities: _____	Activities: _____	Activities: _____	Activities: _____	Activities: _____	Activities: _____	Total light min. <input type="text"/>
Light minutes _____	Light minutes _____	Light minutes _____	Light minutes _____	Light minutes _____	Light minutes _____	Light minutes _____	Total moderate min. <input type="text"/>
Moderate minutes _____	Moderate minutes _____	Moderate minutes _____	Moderate minutes _____	Moderate minutes _____	Moderate minutes _____	Moderate minutes _____	Total vigorous min. <input type="text"/>
Vigorous minutes _____	Vigorous minutes _____	Vigorous minutes _____	Vigorous minutes _____	Vigorous minutes _____	Vigorous minutes _____	Vigorous minutes _____	Total # of days with at least 30 min. of activity <input type="text"/>
Daily minutes of activity _____	Daily minutes of activity _____	Daily minutes of activity _____	Daily minutes of activity _____	Daily minutes of activity _____	Daily minutes of activity _____	Daily minutes of activity _____	Total # of sugary drinks per week <input type="text"/>
Number of sugary drinks _____	Number of sugary drinks _____	Number of sugary drinks _____	Number of sugary drinks _____	Number of sugary drinks _____	Number of sugary drinks _____	Number of sugary drinks _____	

*"I promise that what I have written on this log is truthful, and that I am being honest about my physical activity."*

Signature \_\_\_\_\_

