

Your School Name

Activity Log S3.M16

Example: Soccer Practice 60 minutes Vigorous

Name: _____

Grade: _____ **Section:** _____

Week One: DATE:

Day of the Week	Activities	Number of Minutes	<u>Circle One:</u> Moderate or Vigorous	
Monday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Tuesday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Wednesday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Thursday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Friday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Saturday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Sunday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Total Number of Minutes from week 1 =				

Week Two: DATE:

Day of the Week	Activities	Number of Minutes	Circle One: Moderate or Vigorous	
Monday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Tuesday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Wednesday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Thursday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Friday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Saturday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Sunday			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
			Moderate	Vigorous
Total Number of Minutes frin week 2 =				
Total Minutes from Week 1 and Week 2 +				