

Daily Physical Activity Log

Day	Activity	Activity	Activity	Total Minutes
	Minutes	Minutes	Minutes	
Example	Jumping Rope	Riding Bike	Basketball	60 Minutes
	15	30	15	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

1 HOUR OR MORE OF PHYSICAL ACTIVITY 

2 HOURS OR LESS OF RECREATIONAL SCREEN TIME 

