

# Physical Activity Log

**Directions**:

Record your physical activity for each day in the chart below. Below is the required and recommendations from states that have policies. Check with your teacher to confirm the number of minutes required per week for this log.

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| **State** | **Minutes of Physical Activity** |
| Arizona | Recommended 60 minutes per day |
| California | Require 400 minutes for every 10 school days |
| Idaho | Recommended at least 60 minutes per day |
| Minnesota | Recommended 150 minutes per week |

You will need to fill in this chart with the type of exercise(s) you complete and the amount of time you spent exercising. You must include the date, description of exercise, number of minutes, and total number of minutes per week.

You will use one log for the entire course. There are 35 weeks in this log, use the number of weeks appropriate for your course. Yearlong courses have 34 weeks and semester courses have 17 weeks. There are extra weeks on this chart that you might not need, but you should fill in the chart as accurately as possible.

If you have additional information, you can fill in the comments section at the bottom.

You will submit this document to your teacher at the end of each unit.

| **Week/Day** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Total Time** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 1:  |
| Week 2 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 2:  |
| Week 3 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 3: |
| Week 4 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 4:  |
| Week 5 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 5: |
| Week 6 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 6: |
| Week 7 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 7: |
| Week 8 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 8: |
| Week 9 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 9: |
| Week 10 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 10: |
| Week 11 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 11: |
| Week 12 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes:: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 12: |
| Week 13 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 13: |
| Week 14 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 14: |
| Week 15 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 15: |
| Week 16 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 16: |
| Week 17 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 17: |
| Week 18 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 18: |
| Week 19 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 19: |
| Week 20 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 20: |
| Week 21 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 21: |
| Week 22 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 22: |
| Week 23 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 23: |
| Week 24 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 24: |
| Week 25 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 25: |
| Week 26 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 26: |
| Week 27 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 27: |
| Week 28 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 28: |
| Week 29 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 29: |
| Week 30 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 30: |
| Week 31 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 31: |
| Week 32 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 32: |
| Week 33 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 33: |
| Week 34 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 34: |
| Week 35 | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Date:Exercise:Minutes: | Total Minutes for Week 35: |

Comments: