

Daily Activity Log



Name: _____		
Date: ____ / ____ / ____	Time (min)	Effort
Activity #1: _____	_____	_____
Activity #2: _____	_____	_____
Activity #3: _____	_____	_____
	Total (min): _____	
Comments: _____ _____		
Ways to increase physical activity: _____ _____		
Date: ____ / ____ / ____	Time (min)	Effort
Activity #1: _____	_____	_____
Activity #2: _____	_____	_____
Activity #3: _____	_____	_____
	Total (min): _____	
Comments: _____ _____		
Ways to increase physical activity: _____ _____		