



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