



NAME _____

WEEK OF _____



Physical Activity Log

Your PE homework is to log your activity. Your goal is 60 minute each day. It does not have to be done all at once. Try taking a few activity breaks each day to help you focus, stay healthy and have fun!

	Activity 1 # of Minutes	Activity 2 # of Minutes	Activity 3 # of Minutes	Total # of Minutes
Sample Day	Played outside 20 minutes	Made an obstacle course 30 minutes	Stretches and Exercises 10 minutes	60 minutes
Monday				
Tuesday				
wednesday				
Thursday				
Friday				

