

NAME: _____

DATE: _____

Physical Activity Log Sheet

Dietary Guideline: Be physically active each day

Goal: Be physically active for at least 30 minutes on most days of the week, preferably daily. Children need at least 60 minutes per day. If you already get 30 minutes of physical activity daily, you can gain even more health benefits by increasing the amount of time that you are physically active or by taking part in more vigorous activities. No matter what activity you choose, you can do it all at once, or spread it out over two or three times during the day.

Time of day	Activity	Duration	Comments
7 am			
8 am			
9 am			
10 am			
11 am			
12 noon			
1pm			
2 pm			
3 pm			
4 pm			
5 pm			
6 pm			
7 pm			
8 pm			
9 pm			
10 pm			
11 pm			
	TOTAL 		