

Fit Families and Friends

Physical Activity Log



Weeks: __/__/__ - __/__/__

Team Member: _____

Team Leader: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity: _____ _____	Activity: _____ _____	Activity: _____ _____	Activity: _____ _____	Activity: _____ _____	Activity: _____ _____	Activity: _____ _____
Time: _____ minutes	Time: _____ minutes	Time: _____ minutes	Time: _____ minutes	Time: _____ minutes	Time: _____ minutes	Time: _____ minutes
Step Count: _____	Step Count: _____	Step Count: _____	Step Count: _____	Step Count: _____	Step Count: _____	Step Count: _____

Activity: _____ _____	Activity: _____ _____	Activity: _____ _____	Activity: _____ _____	Activity: _____ _____	Activity: _____ _____	Activity: _____ _____
Time: _____ minutes	Time: _____ minutes	Time: _____ minutes	Time: _____ minutes	Time: _____ minutes	Time: _____ minutes	Time: _____ minutes
Step Count: _____	Step Count: _____	Step Count: _____	Step Count: _____	Step Count: _____	Step Count: _____	Step Count: _____

How many activities were done as a team?
