

# Physical Activity Log For Second/First Class

Log 30 minutes of activity, five days a week for four weeks

Date Started:							
Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
write your activity including stretching, scrimmage, drills, game play...							
Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
write your activity including stretching, scrimmage, drills, game play...							
Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
write your activity including stretching, scrimmage, drills, game play...							
Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
write your activity including stretching, scrimmage, drills, game play...							
What was one challenge and one success during these four weeks?				Set a goal for continuing physical fitness in your daily life.			