

Complete the chart below each week, remembering to exercise 50 minutes a day three times a week.

- If you have not been physically active, you might have to start out with less time and then work up to the minimum requirement.
- Remember that the 50 minutes includes 10 minutes of warm up and stretching and 10 minutes of cool down that also includes stretching.
- This log must be signed by a parent or guardian to prove that you have participated in the activities you have listed.
- This log must be mailed to your teacher on Friday.
- **Good luck and remember that you are worth it and you CAN do it!**

WEEKLY ACTIVITY LOG

Week #____	Activities	# Minutes/ Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Student's Name _____

Parent or Guardian Signature _____ **Date** _____