## Activity Log

Record information about the physical activities you do each day for one week.
Week of: $\qquad$

| DAY | ACTIVITY DESCRIPTION | DURATION | MISC |
| :---: | :---: | :---: | :---: |
| example | Running- Treadmill | 40 minutes | Heart Rate, Calories etc |
| example | Group Fitness Class | 55 minutes | Used Weights, Balls etc |
| Monday |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Tuesday |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Wednesday |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Thursday |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Friday |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Saturday |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Sunday |  |  |  |
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