

Physical Activity Log



Week 1

Activity (what I did and where I went)	Number of minutes and/or distance*

Week 2

Activity (what I did and where I went)	Number of minutes and/or distance*

Week 3

Activity (what I did and where I went)	Number of minutes and/or distance*

* You could record how long you spent on your chosen activity (e.g. gardening for 10 minutes), or the distance (e.g. twice round the park, 3 lengths of the pool).