

# Physical Activity Log

Week of \_\_\_\_\_ Starting weight \_\_\_\_\_

Weekly goal \_\_\_\_\_

|                  | Activity | Time (min) | How I felt | Activity | Time (min) | How I felt |
|------------------|----------|------------|------------|----------|------------|------------|
| <b>Sunday</b>    |          |            |            |          |            |            |
| <b>Monday</b>    |          |            |            |          |            |            |
| <b>Tuesday</b>   |          |            |            |          |            |            |
| <b>Wednesday</b> |          |            |            |          |            |            |
| <b>Thursday</b>  |          |            |            |          |            |            |
| <b>Friday</b>    |          |            |            |          |            |            |
| <b>Saturday</b>  |          |            |            |          |            |            |

**Total time:** \_\_\_\_\_

**Total calories:** \_\_\_\_\_

Week of \_\_\_\_\_ Starting weight \_\_\_\_\_

Weekly goal \_\_\_\_\_

|                  | Activity | Time (min) | How I felt | Activity | Time (min) | How I felt |
|------------------|----------|------------|------------|----------|------------|------------|
| <b>Sunday</b>    |          |            |            |          |            |            |
| <b>Monday</b>    |          |            |            |          |            |            |
| <b>Tuesday</b>   |          |            |            |          |            |            |
| <b>Wednesday</b> |          |            |            |          |            |            |
| <b>Thursday</b>  |          |            |            |          |            |            |
| <b>Friday</b>    |          |            |            |          |            |            |
| <b>Saturday</b>  |          |            |            |          |            |            |

**Total time:** \_\_\_\_\_

**Total calories:** \_\_\_\_\_