

# **Weekly Physical Activity Log** Go Be Great!

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

**WEEK 1:** Use this activity log to track your physical activity minutes.  
Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
<b>ABC OK</b>	<b>Sample Day</b>	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	<b>Monday</b>				
	<b>Tuesday</b>				
	<b>Wednesday</b>				
	<b>Thursday</b>				
	<b>Friday</b>				
	<b>Saturday</b>				
	<b>Sunday</b>				

## Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had  
**TONS OF FUN**



Circle if you had  
**SOME FUN**



Circle if you had  
**SO-SO FUN**

## Check-In Chat

*[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*

> If you had **TONS OF FUN**, what made your activity so fun? If you had **SOME** or **SO-SO FUN**, what could have made the activity **MORE** fun?