



Name: _____

Date: _____

Summer Activity Log

Instructions: Keep track of your daily physical activities, with the goal of being active at least 1 hour every day. Anything that gets your heart pumping counts as exercise (see the “Summer Activity List” for ideas). The 60 minutes of daily activity does not have to be all at once. Activities during the day that add up to at least 60 minutes are just fine.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bike to pool: 10 mins Swim: 20 mins Bike home: 10 mins Shoot hoops: 20 mins						