|  |  |  |
| --- | --- | --- |
| Name: | Class: | Date: |

**WEEK 1:** Use this activity log to track your physical activity minutes.

Put a check next to each day that you complete 60 minutes.

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **CHECK** | **Sample Day** | Phys. Ed. Activities  30 Mins | Walk with Family  15 Mins | Tabata Dice Game  15 minutes | 60 mins |
|  | **Monday** |  |  |  |  |
|  | **Tuesday** |  |  |  |  |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** |  |  |  |  |
|  | **Friday** |  |  |  |  |
|  | **Saturday** |  |  |  |  |
|  | **Sunday** |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Physical Activity Enjoyment Meter**  Rate your physical activity enjoyment for the week. | | |
|  |  |  |
| Circle if you had  **GIANT ENJOYMENT** | Circle if you had  **AVERAGE ENJOYMENT** | Circle if you had  **SO-SO ENJOYMENT** |

|  |
| --- |
| **Check-In Chat**  *[Respond to the question below with 2 or 3 sentences.]*  > What is it that makes physical activity enjoyable for you? |

|  |
| --- |
|  |

|  |  |  |
| --- | --- | --- |
| Name: | Class: | Date: |

**WEEK 2:** 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.

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

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

|  |  |  |
| --- | --- | --- |
| **Physical Activity Enjoyment Meter**  Rate your physical activity enjoyment for the week. | | |
| A close up of a sign  Description automatically generatedA close up of a sign  Description automatically generated | A close up of a sign  Description automatically generated | A close up of a sign  Description automatically generated |
| Circle if you had  **GIANT ENJOYMENT** | Circle if you had  **AVERAGE ENJOYMENT** | Circle if you had  **SO-SO ENJOYMENT** |

|  |
| --- |
| **Check-In Chat**  *[Respond to the question below with 2 or 3 sentences.]*  > How did you demonstrate enthusiasm for physical activity this week? If you didn’t, how will you demonstrate it next week? |

|  |
| --- |
|  |

|  |  |  |
| --- | --- | --- |
| Name: | Class: | Date: |

**WEEK 3:** 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.

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

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

|  |  |  |
| --- | --- | --- |
| **Physical Activity Enjoyment Meter**  Rate your physical activity enjoyment for the week. | | |
| A close up of a sign  Description automatically generated |  | A close up of a sign  Description automatically generated |
| Circle if you had  **GIANT ENJOYMENT** | Circle if you had  **AVERAGE ENJOYMENT** | Circle if you had  **SO-SO ENJOYMENT** |

|  |
| --- |
| **Check-In Chat**  *[Respond to the question below with 2 or 3 sentences.]*  > What barrier to being physically active did you overcome over the past 3 weeks? How did you overcome it? |

|  |
| --- |
|  |