

# JUST FOR THE FUN OF IT!


## June is Recreation Month



### PHYSICAL ACTIVITY LOG SHEET

(Your name here)

\*Try new activities and record the minutes and/or activities that you participated in each day.\*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTAL
WEEK 1			1	2	3	4	5	
WEEK 2	6	7	8	9	10	11	12	
WEEK 3	13	14	15	16	17	18	19	
WEEK 4	20	21	22	23	24	25	26	
Continue the fun!	27	28	29	30				

