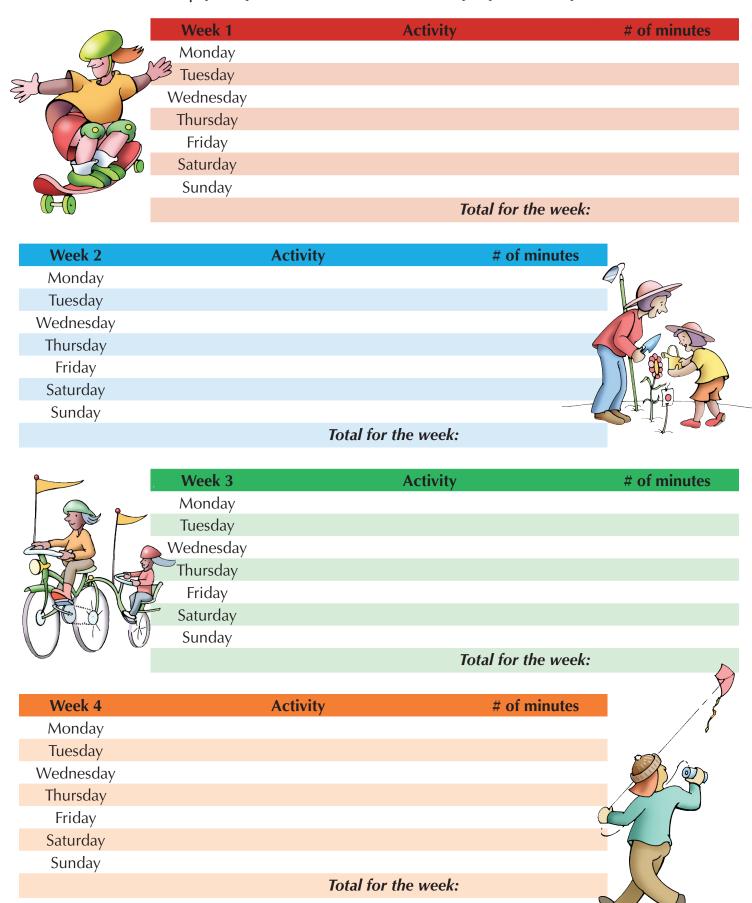
## **MyActivity Log**

Be physically active at least 60 minutes every day or most days.





# of minutes

## Week 5 Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Total for the week:

Total for the week:

Week 6		Activity	# of minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	2	Total for the week:	
	/eek 7	Activity	# of minutes
M	onday		
Tu	iesday		
Wed	dnesday		
Th	ursday		
F	riday		
Sa	turday		
St	unday		

**Activity** 

vveek o	Activity	# Of Hillitates
Monday		
Tuesday		
Wednesday		,,
Thursday		\$ 5 p
Friday		
Saturday		
Sunday		
	Total for the week:	

