

MyActivity Log

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



Week 1	Activity	# of minutes
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	
		<i>Total for the week:</i>

Week 2	Activity	# of minutes
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	
		<i>Total for the week:</i>



Week 3	Activity	# of minutes
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	
		<i>Total for the week:</i>

Week 4	Activity	# of minutes
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	
		<i>Total for the week:</i>



Week 5	Activity	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
		<i>Total for the week:</i>



Week 6	Activity	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
		<i>Total for the week:</i>



Week 7	Activity	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
		<i>Total for the week:</i>

Week 8	Activity	# of minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
		<i>Total for the week:</i>



Funded in part by USDA SNAP.
 For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
 Running out of money for food? Contact your local resource center
 or go online to mydss.mo.gov/food-assistance

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New 7/06; Revised 10/22

Student signature

Date

Adult signature

Date