



Physical Education Weekly Activity Log

Please provide the requested information below. This will help your teacher.

Student Name: _____

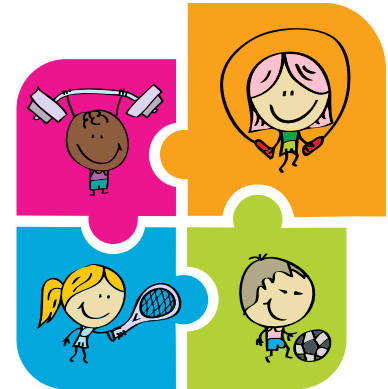
Supervising Adult: _____

Email Address: _____

Phone Number: _____

What is your age? _____

What is your approximate height: _____ and weight: _____



Activity Log # _____

DATE	Activity Detail	Time Spent	Total Steps per Day*
Saturday			
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

*If using a pedometer



Answer the following questions:

What was your favorite thing about your activities this week?

What was your least-favorite thing about the activities this week?

What can you do to make your physical activities better next week?