

*Name of student to be written on line at top of log.

_____ 'S*

Weekly Exercise Log



Date	Time	Activity	Adult Signature

Fill out the log daily with the date, activity you did, how long you did it, and an adult signature confirming you did it. You need to do at least 30 minutes of exercise a day. For example you could do any exercises we have learned this year (push-ups, sit-ups, squats, mountain climbers, jumping jacks, etc), going on a walk/run with an adult, playing a sport in the backyard, or any other physical activities that get you up and moving).