















Activity Log

Name: _____

 <i>Brisk Walk</i>	 <i>Run/Jog</i>	 <i>Housework</i>	 <i>Biking</i>	 <i>Gym</i>	 <i>Dance</i>	 <i>Active Games</i>	Goal Met? ✓ Yes ✗ No
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Start date: _____

								Goal	Record Your Time												Total	Met		
Monday	Notes								5	5	5	5	5	5	5	5	5	5	5	5	5	5		Y N
Tuesday	Notes								5	5	5	5	5	5	5	5	5	5	5	5	5	5		Y N
Wednesday	Notes								5	5	5	5	5	5	5	5	5	5	5	5	5	5		Y N
Thursday	Notes								5	5	5	5	5	5	5	5	5	5	5	5	5	5		Y N
Friday	Notes								5	5	5	5	5	5	5	5	5	5	5	5	5	5		Y N
Saturday	Notes								5	5	5	5	5	5	5	5	5	5	5	5	5	5		Y N
Sunday	Notes								5	5	5	5	5	5	5	5	5	5	5	5	5	5		Y N
Week Goal									Grand Total													Y N		



Sivile Senza



Detailed Activity Log

Name: _____ Start Date: _____ Goal: _____

	Activity	Time
<i>Monday</i>		
<i>Tuesday</i>		
<i>Wednesday</i>		
<i>Thursday</i>		
<i>Friday</i>		
<i>Saturday</i>		
<i>Sunday</i>		
	Total time	