

Exercise Log



Can you complete 60 minutes per day for 4 weeks?

Week:		Parent/coach/teacher initials at end of week:						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday	
Description of activity								
Daily Minutes								
Weekly Minutes								

Week:		Parent/coach/teacher initials at end of week:						
	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday	
Description of activity								
Daily Minutes								
Weekly Minutes								

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	Monday	Tuesday	Wednesday	Thursday	Friday			
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	Monday	Tuesday	Wednesday	Thursday	Friday			
Description of activity								
Daily Minutes								
Weekly Minutes								

Total Minutes for challenge =