



www.movemore.org

Move More Physical Activity Log

Name: _____ Date started: _____ Date completed: _____

Week 1	Activities	# minutes or # steps	Week 2	Activities	# minutes or # steps	Week 3	Activities	# minutes or # steps
Mon			Mon			Mon		
Tues			Tues			Tues		
Wed			Wed			Wed		
Thurs			Thurs			Thurs		
Fri			Fri			Fri		
Sat			Sat			Sat		
Sun			Sun			Sun		

Week 4	Activities	# minutes or # steps	Week 5	Activities	# minutes or # steps	Week 6	Activities	# minutes or # steps
Mon			Mon			Mon		
Tues			Tues			Tues		
Wed			Wed			Wed		
Thurs			Thurs			Thurs		
Fri			Fri			Fri		
Sat			Sat			Sat		
Sun			Sun			Sun		