

_____ **Student Name** _____ **Grade**

Day	Date	Physical Activity (please be specific)	TIME SPENT (Amount)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total Time Spent in Activity this Week:			

_____ **Parent Signature** _____ **Date**

_____ **Student Name** _____ **Grade**

Day	Date	Physical Activity (please be specific)	TIME SPENT (Amount)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total Time Spent in Activity this Week:			

_____ **Parent Signature** _____ **Date**