



## Weekly Physical Activity Log

# Go Be Great!

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

**WEEK 1:** Use this activity log to track your physical activity minutes.  
Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

### Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had  
**TONS OF FUN**



Circle if you had  
**SOME FUN**



Circle if you had  
**SO-SO FUN**

### Check-In Chat

[Think – think some more – and then express yourself through writing, art, or with a selfie video.]

> If you had **TONS OF FUN**, what made your activity so fun? If you had **SOME** or **SO-SO FUN**, what could have made the activity **MORE** fun?



## Weekly Physical Activity Log

# Go Be Great!

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

**WEEK 2:** Use this activity log to track your physical activity minutes.  
Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

### Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had  
**TONS OF FUN**



Circle if you had  
**SOME FUN**



Circle if you had  
**SO-SO FUN**

### Check-In Chat

[Think – think some more – and then express yourself through writing, art, or with a selfie video.]  
> YOU ARE GREAT! How did being physically active this week help you share your greatness?



## Weekly Physical Activity Log

# Go Be Great!

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

**WEEK 3:** Use this activity log to track your physical activity minutes.  
Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

### Physical Activity Fun-Meter

Rate your physical activity enjoyment for the week.



Circle if you had  
**TONS OF FUN**



Circle if you had  
**SOME FUN**



Circle if you had  
**SO-SO FUN**

### Check-In Chat

[Think – think some more – and then express yourself through writing, art, or with a selfie video.]

> List all of the ways that being physically active made your week more positive and fun.