Physical Activity Log	Name:
What is your fitness focus for the week (pick something order move you closer your fitness focus?	you want to improve on)? What should you do this week in
Frequency:	

Intensity:		
Time:		
Type:		

Date	What Activities?	Fitness Component	How long?	How hard?		
	If you did little or no physical activity (less than 20 minutes) that day, explain what prevented you and what is something that you could have done.					