

# FAMILY PHYSICAL ACTIVITY LOG

- ▶ Be active for 30 minutes or more, 15 days or more per **month**. Write down the activity or color in the boxes for the days you were physically active. **Celebrate with a prize at the end of the month if you hit 15 or more days of physical activity!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY