



# PHYSICAL ACTIVITIES AND SPORTS

## DAILY ACTIVITY LOG for APRIL and MAY

\* If you have access to a Pedometer. Pedometer Apps CAN BE DOWNLOADED to a phone.

**RAY LIPOVAC – PE TEACHER**

If you cannot print this form then CREATE your own form to record your progress.

Date	Physical Activities and/or Sports Participated In:	Approx. Time in Minutes	Pedometer Miles
Sun. __/__/20			
Mon. __/__/20			
Tues. __/__/20			
Wed. __/__/20			
Thurs. __/__/20			
Fri. __/__/20			
Sat. __/__/20			
<b>Total your MINUTES of Physical Activity for the week and Total your *Pedometer MILES for the week →</b>		Total Mins for Week = <input type="text"/>	Total Miles for Week <input type="text"/>

Date	Physical Activities and/or Sports Participated In:	Approx. Time in Minutes	Pedometer Miles
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Tues. __/__/20			
Wed. __/__/20			
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