Individual Activity Log

Name: _____

Activity	Monday Min./Miles	Tuesday Min./Miles	Wednesday Min./Miles	Thursday Min./Miles	Friday Min./Miles	Saturday Min./Miles	Sunday Min./Miles
Ex. Walking, typical pace (3 mph)	30 minutes/ 1 mile	30 minutes/ 1 mile	30 minutes/ 1 mile	30 minutes/ 1 mile	30 minutes/ 1 mile	60 minutes/ 2 miles	0 minutes/ 0 miles
TOTAL Min							
TOTAL Miles							

Total Minutes for Week	
Total Miles for Week	

Directions

- Record your daily minutes of activity and mile conversions on this Activity Log.
- List the physical activities included on the Equivalents Chart / Calculator that you engage in and number of minutes per day engaged.
- Use the Equivalents Chart/Calculator to convert activity minutes to miles for each activity and record beside the minutes (see Example).
- Total the number of minutes and miles for each day.
- At the end of the week, total the minutes and miles for the week and record in the Week's Total boxes.

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