

Personal Fitness Plan Log Sheet
 Need to complete 150 mins/ 2.5 hrs per week

Name: _____ Block pd: _____ Week of Activity

Date: _____

Log the activity that you perform during the week, write the amount of time you performed the activity. A parent/guardian/Coach or sponsor that knows you completed the activity must sign for that activity. You will submit your fitness log each week due every Monday. A new log sheet will be posted for the new week. Paper copies are due by 3pm on the due date.

DAY	DATE	ACTIVITY	AMOUNT OF TIME	SIGNATURE
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Total Amount of Activity for the week: _____