



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# START FOR LIFE™ my physical activity log

My Name: \_\_\_\_\_

Month: \_\_\_\_\_

| WEEK 1    |  |
|-----------|--|
| Monday    |  |
| Tuesday   |  |
| Wednesday |  |
| Thursday  |  |
| Friday    |  |

| WEEK 2    |  |
|-----------|--|
| Monday    |  |
| Tuesday   |  |
| Wednesday |  |
| Thursday  |  |
| Friday    |  |

| WEEK 3    |  |
|-----------|--|
| Monday    |  |
| Tuesday   |  |
| Wednesday |  |
| Thursday  |  |
| Friday    |  |

| WEEK 4    |  |
|-----------|--|
| Monday    |  |
| Tuesday   |  |
| Wednesday |  |
| Thursday  |  |
| Friday    |  |