

# My Physical Activity Record

Use this to keep track of what you do and for how long.

Day	Time of Day	Activity	How long (in minutes)	Total time (in minutes)
<i>Example</i>	<i>Morning</i> <i>Afternoon</i> <i>Evening</i>	<i>Brisk walk</i> <i>Played with kids</i> <i>Walked dog</i>	<i>10</i> <i>10</i> <i>10</i>	<i>30</i>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				