

Monthly Physical Activity



Month: _____ Name: _____ DOB: _____ Member ID: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	
Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	
Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	
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Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	
Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	Date _____ Mins _____ Activity _____	
Monthly Total Minutes							

Notes:

Please make a copy to keep for your records.