

# Dawes Physical Activity Log

Use this activity log to track your physical activity minutes for this week.  
Have an adult sign their initials next to each day that you complete 30 minutes.

## Week 3: Dawes Physical Education

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Active Outside/Inside 30 Mins	Walk with Family 15 Mins	Dance Challenge 15 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				