Webster Fitness Log

Write a goal to aim for in the thought bubble! Remember, it is recommended to get at least 60 minutes of moderate to vigorous exercise a day! Log your fitness, write your minutes and draw or write about what you did to achieve active minutes. Record your total!

My Activity Goal for this week (Active minutes):

WEDNESDAY

THURSDAY

\_\_\_\_\_\_

FRIDAY

My Active Minutes total:

My Goal for next week:

SUNDAY

SATURDAY

TUESDAY

MONDAY