

Individual Daily Log

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

Team Name: \_\_\_\_\_

Directions: Each day, record your minutes of moderate/vigorous activity. Must be at least 10 minutes at a time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								