



Daily Activity Log

Research shows that if you write down your workouts and set an activity goal, you are much more likely to achieve that goal!

| Frequency | Type of Exercise | Time (minutes) | Intensity (easy/moderate/hard) | Goal for Tomorrow |
|------------------|-------------------------|--------------------------|--|--------------------------|
| Sunday | | | | |
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |

The InPACT at Home program helps kids get 60 minutes of physical activity they need each day! For more information visit: inpactathome.umich.edu