



# 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!

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

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