



DAILY ACTIVITY LOG

WEEK 1: GOAL SETTING

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

Watch this week's videos to see how you can get 60 minutes of physical activity each day at MichiganLearning.org/InPactAtHome. Also be sure to share your progress on social media: [@MichLearning](https://twitter.com/MichLearning).



DAILY ACTIVITY LOG

WEEK 2: HEART WEEK

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

Watch this week's videos to see how you can get 60 minutes of physical activity each day at MichiganLearning.org/InPactAtHome. Also be sure to share your progress on social media: [@MichLearning](https://twitter.com/MichLearning).



DAILY ACTIVITY LOG

WEEK 3: LEGS & ARMS

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

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