Monthly Activity Log



Name:			



Month:_____

Week 1						
Activities Completed	Other physical activities					
Walk Run	Bike Spin Total Time/Amount:	Swim		Fitness Classes	completed this week:	
Hike Total Time/Amount:		Water Aerobics Total Time/Amount:		FIT Sessions Amount:	Total Time/Amount:	

Week 2						
Activities Completed	List any other physical					
Walk	Bike	Swim	Yoga	activities completed this		
Run	Spin		Fitness	week:		
Kull			Classes			
Hike		Water	FIT			
TIIKE		Aerobics	Sessions			
Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	Total Time/Amount:		

Week 3						
Activities Completed	List any other physical					
Walk	Bike	Swim	Yoga	activities completed this		
Run	Spin		Fitness	week:		
Null			Classes			
Hike		Water	FIT			
TIIKC	Spili	Aerobics	Sessions			
Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	Total Time/Amount:		

Week 4						
Activities Completed		List any other physical				
Walk	Bike	Swim	Yo	oga	activities completed this	
Run			Fit	tness	week:	
Kull		3	CI	lasses		
Hike	Spin	Water	FI [*]	IT		
TIIKE	Spili	Aerobics	Se	essions		
Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	Total Time/Amo	ount:	Total Time/Amount:	