

PHYSICAL ACTIVITY LOG

Week of: _____

Goal: _____

ACTIVITY / EXERCISE	DAILY GOAL	MON	TUE	WED	THU	FRI	SAT	SUN
Cardio (Run/Cycle/Swim)	30 min							
Strength Training	45 min							
Flexibility / Yoga	15 min							
Steps (count)	10k							

Weekly Reflection

What went well? Challenges faced?

Next Week's Focus

Adjustments or new milestones...