



# Monthly Activity Log



Name: \_\_\_\_\_

Month: \_\_\_\_\_

## Week 1

Activities Completed (check all that you completed during the week) :				Other physical activities completed this week:
 Walk  Run  Hike	 Bike  Spin	 Swim  Water Aerobics	 Yoga  Fitness Classes  FIT Sessions	
Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	

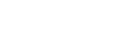
## Week 2

Activities Completed (check all that you completed during the week) :				List any other physical activities completed this week:
 Walk  Run  Hike	 Bike  Spin	 Swim  Water Aerobics	 Yoga  Fitness Classes  FIT Sessions	
Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	

## Week 3

Activities Completed (check all that you completed during the week) :				List any other physical activities completed this week:
 Walk  Run  Hike	 Bike  Spin	 Swim  Water Aerobics	 Yoga  Fitness Classes  FIT Sessions	
Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	

## Week 4

Activities Completed (check all that you completed during the week) :				List any other physical activities completed this week:
 Walk  Run  Hike	 Bike  Spin	 Swim  Water Aerobics	 Yoga  Fitness Classes  FIT Sessions	
Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	Total Time/Amount:	

