



Activity Log Sheet

Name: _____

School _____ Grade: _____

Monday	<input type="checkbox"/> I was active <input type="checkbox"/> I ate healthy <input type="checkbox"/> I watched no TV <input type="checkbox"/> I watched less TV <input type="checkbox"/> I did not use computer/video games <input type="checkbox"/> I used less computer/video games	Physical Activities I Did:
Tuesday	<input type="checkbox"/> I was active <input type="checkbox"/> I ate healthy <input type="checkbox"/> I watched no TV <input type="checkbox"/> I watched less TV <input type="checkbox"/> I did not use computer/video games <input type="checkbox"/> I used less computer/video games	Physical Activities I Did:
Wednesday	<input type="checkbox"/> I was active <input type="checkbox"/> I ate healthy <input type="checkbox"/> I watched no TV <input type="checkbox"/> I watched less TV <input type="checkbox"/> I did not use computer/video games <input type="checkbox"/> I used less computer/video games	Physical Activities I Did:
Thursday	<input type="checkbox"/> I was active <input type="checkbox"/> I ate healthy <input type="checkbox"/> I watched no TV <input type="checkbox"/> I watched less TV <input type="checkbox"/> I did not use computer/video games <input type="checkbox"/> I used less computer/video games	Physical Activities I Did:
Friday	<input type="checkbox"/> I was active <input type="checkbox"/> I ate healthy <input type="checkbox"/> I watched no TV <input type="checkbox"/> I watched less TV <input type="checkbox"/> I did not use computer/video games <input type="checkbox"/> I used less computer/video games	Physical Activities I Did:
Saturday	<input type="checkbox"/> I was active <input type="checkbox"/> I ate healthy <input type="checkbox"/> I watched no TV <input type="checkbox"/> I watched less TV <input type="checkbox"/> I did not use computer/video games <input type="checkbox"/> I used less computer/video games	Physical Activities I Did:
Sunday	<input type="checkbox"/> I was active <input type="checkbox"/> I ate healthy <input type="checkbox"/> I watched no TV <input type="checkbox"/> I watched less TV <input type="checkbox"/> I did not use computer/video games <input type="checkbox"/> I used less computer/video games	Physical Activities I Did: