



PHYSICAL PLAY LOG



Name: _____

Goal: 60 Minutes Daily

Day & Date	Activity Minutes	Activity Minutes	Activity Minutes	Total Minutes
Friday 4-3-20	walking 15 min	basketball 30 min	dancing 15 minutes	60 min
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Do one activity for 60 minutes or multiple activities for shorter periods of time and add them together.

Sample Activities		
<ul style="list-style-type: none"> • play basketball • freeze tag • play catch • play touch football • riding a bike • skateboarding • jumping on a trampoline • dancing 	<ul style="list-style-type: none"> • riding you scooter • swimming • walking the dog • jumping rope • playing soccer • sledding • playing hopscotch • running 	<ul style="list-style-type: none"> • skating • play kickball • flying a kite • climbing trees • doing cartwheels • cleaning your room • playing tennis • playing baseball