**WEEKLY PHYSICAL ACTIVITY CHART**

|  |  |  |
| --- | --- | --- |
| **DAY OF THE WEEK** | **TYPE OF ACTIVITY** | **HOW MANY MINUTES** |
| **MONDAY** |  |  |
| **TUESDAY** |  |  |
| **WEDNESDAY** |  |  |
| **THURSDAY** |  |  |
| **FRIDAY** |  |  |
| **SATURDAY** |  |  |
| **SUNDAY** |  |  |

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # OF MINUTES\_\_\_\_\_\_\_\_\_\_\_\_**