The Premier's *be active* Challenge – 4 Week *Physical Activity Log*

PREMIER'S be active CHALLENGE

Government of South Australia

Student name: ..... *be active* ID: ..... *Class:* ..... *Year:* .....

Coordinator Approval (*Remember to register approval on-line): .....

► *Please list your daily activities and the minutes you spent at each. Add the minutes up for a daily total.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 / /	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐
Week 2 / /	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐
Week 3 / /	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐
Week 4 / /	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐	Total ☐