



PE MOVEMENT ACTIVITY LOG

#	DAY	AEROBIC/ CARDIO	TIME	STRENGTH/ ENDURANCE	TIME	SKILL OR MOVEMENT	TIME	TOTAL
	EXAMPLE	Walking	20	TABABTA	10	Dancing	20	50 Min
1	MONDAY							
2	TUESDAY							
3	WEDNESDAY							
4	THURSDAY							
5	FRIDAY							
6	SATURDAY							
7	SUNDAY							



Fill in this PE Movement Activity Log to
track your physical activity each week.



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#	DAY	AEROBIC/ CARDIO	TIME	STRENGTH/ ENDURANCE	TIME	SKILL OR MOVEMENT	TIME	TOTAL
	EXAMPLE	Hiking	30	Push-ups Curl-ups Planks	15	Tumbling	15	60 Min
1	MONDAY							
2	TUESDAY							
3	WEDNESDAY							
4	THURSDAY							
5	FRIDAY							
6	SATURDAY							
7	SUNDAY							



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#	DAY	AEROBIC/ CARDIO	TIME	STRENGTH/ ENDURANCE	TIME	SKILL OR MOVEMENT	TIME	TOTAL
	EXAMPLE	Jogging	30	Exercise Bands	15	Throwing and Catching	20	55 Min
1	MONDAY							
2	TUESDAY							
3	WEDNESDAY							
4	THURSDAY							
5	FRIDAY							
6	SATURDAY							
7	SUNDAY							



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