## Personal Activity Log

| Day | Minutes | Intensity Level | Distance/Steps | Route |
| :--- | :--- | :--- | :--- | :--- |
| Sunday |  |  |  |  |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |

Week of $\qquad$
My goal for the week: $\qquad$

Try to build up to at least 150 minutes each week
To download more logs, visit www.pawalkworks.com

