

# Blank Log 1: Early Years

**Log #1** is for the Early Years and lists activity examples you and your infant, toddler or preschooler could be doing everyday to be physically active. Try to check as many boxes as you can every day!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
INFANT 0-6 MONTHS	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors
INFANT 6-12 MONTHS	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors
TODDLER 1-2 YEARS	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors
PRESCHOOLER 3-4 YEARS	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play

# Blank Log 2: Children and Youth

Name \_\_\_\_\_

**Log #2** is a personal weekly Activity Log to record the total minutes of moderate- to vigorous-intensity physical activity accumulated each day. Note the days that you participate in vigorous activity and the days that you do muscle- and bone-strengthening activities. Add them up every week and see if you're meeting the guidelines!

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

Activity

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Activity

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Activity

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Activity

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Activity

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Activity

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Activity

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Activity


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Total




Total



Total



Total



Total



Total






























Total



# Blank Log 3: Adults and Older Adults

**Log #3** is a personal weekly Activity Log to record the total minutes of moderate- to vigorous-intensity aerobic physical activity accumulated each day in bouts of at least 10 minutes and the days that you do muscle- and strength-building activities. Add them up every week!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity 	Activity 	Activity 	Activity 	Activity 	Activity 	Activity 
Activity 	Activity 	Activity 	Activity 	Activity 	Activity 	Activity 
Activity 	Activity 	Activity 	Activity 	Activity 	Activity 	Activity 
Total 	Total 	Total 	Total 	Total 	Total 	Total 