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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 