

# My Fitness Log



Tick or write the activity that you participated in and note the total duration.

Day	Walking	Cycling	Running	Other	Total Duration
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Total activity time for the week: \_\_\_\_\_

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Tick or write the activity that you participated in and note the total duration.

Day	Walking	Cycling	Running	Other	Total Duration
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Total activity time for the week: \_\_\_\_\_

# My Fitness Log



Tick or write the activity that you participated in and note the total duration.

Day	Activity 1	Duration	Activity 2	Duration	Total Duration
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

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Tick or write the activity that you participated in and note the total duration.

Day	Activity 1	Duration	Activity 2	Duration	Total Duration
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					