



PE ACTIVITY LOG

HOMESCHOOL

Documenting physical activity and movement for a healthy, active lifestyle.

STUDENT NAME: _____

MONTH/YEAR: _____

PARENT/GUARDIAN: _____

WEEK STARTS ON: _____



GOALS

What are we working on this month?

DATE	ACTIVITY	DURATION (MINUTES)	LOCATION	NOTES / SKILLS PRACTICED

NOTES / REFLECTIONS

How did it go? What did we learn?

MONTHLY SUMMARY

TOTAL ACTIVITIES THIS MONTH: _____

TOTAL MINUTES THIS MONTH: _____

FAVORITE ACTIVITY: _____

AREAS TO IMPROVE: _____



MOVE OFTEN. STAY ACTIVE. *live well.*