**[Name of Agency and logo]**

**Participants Weekly Physical Activity Tracking Sheet**

**Week 1**

**Day of the week:** [ ] Sunday [ ] Monday [ ] Tuesday[ ] Wednesday [ ] Thursday [ ] Friday

[ ] Saturday

**Class time: [] am/pm- [] am/pm**

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| **Name** | **Time Spent being Physically Active (mins)** |
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**Week 2**

**Day of the week:** [ ] Sunday [ ] Monday [ ] Tuesday[ ] Wednesday [ ] Thursday [ ] Friday

[ ] Saturday

**Class time: [] am/pm- [] am/pm**

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| **Name** | **Time Spent being Physically Active (mins)** |
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**Week [insert week #]**

**Day of the week:** [ ] Sunday [ ] Monday [ ] Tuesday[ ] Wednesday [ ] Thursday [ ] Friday

[ ] Saturday

**Class time: [] am/pm- [] am/pm**

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| **Name** | **Time Spent being Physically Active (mins)** |
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