**[Name of Agency and logo]**

**Participants Weekly Physical Activity Tracking Sheet**

**Week 1**

**Day of the week:** Sunday Monday TuesdayWednesday Thursday Friday

Saturday

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

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

**Week 2**

**Day of the week:** Sunday Monday TuesdayWednesday Thursday Friday

Saturday

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

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

**Week [insert week #]**

**Day of the week:** Sunday Monday TuesdayWednesday Thursday Friday

Saturday

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

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