

ACTIVITY LOG



NAME: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

FILL IN YOUR ACTIVITY LOG WITH EXERCISE THAT MAKES YOUR HEART BEAT FAST, MAKES YOU SWEAT, OR IS JUST REALLY FUN! BE SURE TO WRITE YOUR NAME AT THE TOP AND TURN IN YOUR LOG AT PRACTICE FOR GOLDEN SNEAKER CREDIT!



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