DAILY ACTIVITY LOG

Name: _____ Age Group: _____

www.GoFarKids.com

Friends and Family Activities

Annual Goal: _____ Mins per day: _____ Total: _____

Date									TOTAL
Time									

Date									TOTAL
Time									

Date									TOTAL
Time									

Reading

Annual Goal: _____ Mins per day: _____ Total: _____

Date									TOTAL
Time									

Date									TOTAL
Time									

Date									TOTAL
Time									

Run/Bike/Swim

Annual Goal: _____ Mins per day: _____ Total: _____

Date									TOTAL
Time									

Date									TOTAL
Time									

Date									TOTAL
Time									

Strength and Stretching

Annual Goal: _____ Mins per day: _____ Total: _____

Date									TOTAL
Time									

Date									TOTAL
Time									

Date									TOTAL
Time									

Volunteering

Annual Goal: _____ Mins per day: _____ Total: _____

Date									TOTAL
Time									

Date									TOTAL
Time									

Date									TOTAL
Time									