



*****Energy Journal*****

Ever wonder how much exercise you're getting every week? Keep a record of all the activities you do each day for one week. The activity should be intense enough to get your heart pumping and last at least 20 minutes. Go on, get sweaty!

My Goal: Exercise 5 out of 7 days of the week

Name: _____ Age: _____

Week of:

Date	Activity	Time (at least 20 mins)
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Comments: _____

Parent's Signature: _____

