

Name: _____

Be accountable to yourself and record your minutes spent being active.

Week: _____

Monday

	Daily Total	
--	--------------------	--

Tuesday

	Daily Total	
--	--------------------	--

Wednesday

	Daily Total	
--	--------------------	--

Thursday

	Daily Total	
--	--------------------	--

Friday

	Daily Total	
--	--------------------	--


Saturday

	Daily Total	
--	--------------------	--

Sunday

	Daily Total	
--	--------------------	--

Weekly Total

	<i>Additional Notes</i>
  <p>www.kpu.ca/sportrec sportrec@kpu.ca</p>	