

## Cooperative Extension 30 for 30: Walk-a-Weigh

0 = 5 minutes

## **Physical Activity Log**

Activity # of Minutes	Total # of Minutes			
000000	000000	000000	000000	00000
00000	00000	00000	000000	000000
00000	00000	00000	000000	000000
00000	00000	000000	000000	000000
00000	00000	000000	000000	000000
00000	00000	00000	000000	00000

Increase your physical activity for your health.

30 Minutes Daily for 30 Days!				
My goal is to walk minutes a day at				
Number	Location			

