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

Physical Activity Log

| Activity \＃of minutes | Activity \＃of Minutes | Activity \＃of Minutes | Activity \＃of Minutes | Total \＃of Minutes |
| :--- | :--- | :--- | :--- | :--- |
| 0000000 | 000000 | 000000 | 000000 | 000000 |
| 000000000000 | 000000 | 000000 | 000000 |  |
| 000000 | 000000 | 000000 | 000000 | 000000 |
| 000000 | 000000 | 000000 | 000000 | 000000 |
| 000000000000 | 000000 | 000000 | 000000 |  |
| 0000000000000 | 000000 | 000000 | 000000 |  |

Increase your physical activity for your health．
30 Minutes Daily for 30 Days！
My goal is to walk $\qquad$ minutes a day at $\qquad$ ．

