BeActive Challenge

Activity Minutes Log

**Goal:** Track your physical activity each day from October 1-31. Any intentional movement counts!  
**Examples:** Walking, yoga, stretching, biking, dancing, chores, etc.  
**Daily Goal:** 30 minutes of physical activity per day.

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Activity Type | Minutes Moved | Notes (How You Felt, Location, etc.) |
| Oct 1 |  |  |  |
| Oct 2 |  |  |  |
| Oct 3 |  |  |  |
| Oct 4 |  |  |  |
| Oct 5 |  |  |  |
| Oct 6 |  |  |  |
| Oct 7 |  |  |  |
| Oct 8 |  |  |  |
| Oct 9 |  |  |  |
| Oct 10 |  |  |  |
| Oct 11 |  |  |  |
| Oct 12 |  |  |  |
| Oct 13 |  |  |  |
| Oct 14 |  |  |  |
| Oct 15 |  |  |  |
| Oct 16 |  |  |  |
| Oct 17 |  |  |  |
| Oct 18 |  |  |  |
| Oct 19 |  |  |  |
| Oct 20 |  |  |  |
| Oct 21 |  |  |  |
| Oct 22 |  |  |  |
| Oct 23 |  |  |  |
| Oct 24 |  |  |  |
| Oct 25 |  |  |  |
| Oct 26 |  |  |  |
| Oct 27 |  |  |  |
| Oct 28 |  |  |  |
| Oct 29 |  |  |  |
| Oct 30 |  |  |  |
| Oct 31 |  |  |  |