**WEEK 5: SEP 14 – SEP 18**

* Use this activity log to track your physical activity minutes throughout the week. (**Include your 30-Day Fitness Challenge days on here, too.**)
* **Your job**: Get a **minimum** of 30 minutes (or more) of physical activity 3x a week. (Push yourself to do more!)
* **Remember**: Exercise doesn’t have to be done all at once! You can spread out your physical activity throughout the day and in smaller chunks of time. (You may or may not fill in more than one activity per day. That depends on you.)
* Upload this completed document by Sunday to CTLS.

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| --- | --- | --- | --- | --- |
| **Day** | **Activity 1**  **+**  **Minutes** | **Activity 2**  **+**  **Minutes** | **Activity 3**  **+**  **Minutes** | **Activity 4**  **+**  **Minutes** |
| ***Example Day*** | *Walk the dog*  *15 min* | *HIIT workout*  *30 min* | *Basketball w/ friends*  *1 hour* | *50 Push ups*  *10 min* |
| **Monday, 9/14** |  |  |  |  |
| **Tuesday, 9/15** |  |  |  |  |
| **Wednesday, 9/16** |  |  |  |  |
| **Thursday, 9/17** |  |  |  |  |
| **Friday, 9/18** |  |  |  |  |

**Weekly Reflection: TRUST**

Optimism is trust in the future. What are you currently optimistic about and why? Type 1-2 complete sentences in the box below.