**WEEK 6: SEP 21 – SEP 25**

* 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** |
| **Monday, 9/21** |  |  |  |  |
| **Tuesday, 9/22** |  |  |  |  |
| **Wednesday, 9/23** |  |  |  |  |
| **Thursday, 9/24** |  |  |  |  |
| **Friday, 9/25** |  |  |  |  |

**Weekly Reflection: EFFORT**

What is one thing **AT HOME** that you gave your best effort on this week? I want to hear about something other than your efforts in PE, sports, or physical activities.