



MONTHLY LOG SHEET

Month of _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY TOTALS
Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	# of Miles: <input type="text"/>
Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	
Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	
Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	# of Miles: <input type="text"/>
Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	
Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	
Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	# of Miles: <input type="text"/>
Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	
Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	
Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	Activity: <input type="text"/>	# of Miles: <input type="text"/>
Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	Duration: <input type="text"/>	
Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	Miles: <input type="text"/>	
<p><i>20 minutes of aerobic activity such as a fitness class, swimming, gardening or shoveling snow = 1 mile</i></p>							<p>Total miles this month: <input type="text"/></p>