

OUTDOOR ACTIVITY LOG

- Day 1: Set your goal!
 - o What is your physical goal
 - o What steps will you take to achieve it?
 - o What barriers may be in the way?
- Spend time being active outside and record the date, type of activity and duration of the activity.
- After ten days, reflect on your progress. Did you meet your goal?

GOAL:

Steps to reach my goal:

- 1.
- 2.
- 3.

Barriers that may be in my way:

- 1.
- 2.
- 3.

Date	Type of Activity	Length of time



I give myself:

