



Get on Track Challenge daily log sheet

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Week 1	PA mins		PA mins		PA mins		PA mins	
	F	V	F	V	F	V	F	V
Week 2	PA mins		PA mins		PA mins		PA mins	
	F	V	F	V	F	V	F	V
Week 3	PA mins		PA mins		PA mins		PA mins	
	F	V	F	V	F	V	F	V
Week 4	PA mins		PA mins		PA mins		PA mins	
	F	V	F	V	F	V	F	V
Week 5	PA mins		PA mins		PA mins		PA mins	
	F	V	F	V	F	V	F	V
Week 6	PA mins		PA mins		PA mins		PA mins	
	F	V	F	V	F	V	F	V
Week 7	PA mins		PA mins		PA mins		PA mins	
	F	V	F	V	F	V	F	V
Week 8	PA mins		PA mins		PA mins		PA mins	
	F	V	F	V	F	V	F	V

Instructions:

Although you are participating in the Get on Track Challenge online, you may like to print this log sheet to have with you each day to record your physical activity and fruit and vegetable consumption.

You can then transfer your tallies on to the website each day or at the end of the week by visiting www.getontrackwa.com.au.



Department of Health

