

Holy Family School Fitness Club
Weekly Report

1. Name: _____

2. Date: _____

Daily Physical Activity Log:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

I made progress towards my fitness goals this week by doing this:

I had fun doing this activity this week:

Please email your saved .pdf to hfsfitnessclub@gmail.com

Send photos too! Photos may be shared in our fitness newsletter!