

Daily Activity Log Form Sample

Use our **daily activity log form sample** to efficiently track your exercise routines and monitor progress over time. This customizable template helps you record activity type, duration, and intensity for effective fitness management. Stay motivated and achieve your health goals with consistent logging.

Date:

Time	Activity Type	Duration (min)	Intensity (Low/Med/High)	Comments
<input type="text"/>	<input type="text"/> e.g., Running	<input type="text"/>	<input type="button" value="Select"/>	<input type="text"/> Notes
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="button" value="Select"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="button" value="Select"/>	<input type="text"/>

Overall Notes / Reflections:

Write your thoughts, challenges, or progress for today.