Girl Scouts shape UP!
Activity Record

Use this chart to record your physical activity by shading in one square for each hour spent participating.

Number of hours completed:

Name _____

Troop/Group _____

Start date _____

End date _____

	Activity	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Total
1														
2														
3														
4														
5														
6														
7														
8														