

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

### Physical Activity Log

Comp \_\_\_\_\_

Day	Activity 1	Activity 2	Activity 3	Time
Sample	Walk with Family	Soccer	Dance	35 min
Sample	15 min	10		
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

P \_\_\_\_\_

Here are some ideas to help with your activity log:

Go for a bike ride with family member	Do 20 pushups	Help with yard work or chores	Play outside for 30 minutes	Put on your favorite music and dance for 15 minutes
Play Boogie Woogie with Bags or Cone Head	Play a game of hide and seek	Play soccer with a friend or family member	Move like your favorite animal for 5 minutes	Jump rope for 10 minutes
Play basketball for 10 minutes	Play a game with a family member or friend	Scavenger hunt	Search your yard or house for 10 minutes	Play a board game and play it out
Tease South with a family member or friend	Watch a commercial show	Game with a friend or member	Walk for 15 minutes	Stretch for every 10 minutes