



Physical Activity Log Challenge

Student's Name: _____

Teacher: _____ Grade: _____

Parent's Signature: _____ Date: _____

Instructions

1. The Physical Activity Log Challenge begins on _____ (date) and ends on _____ (date).
2. Write down all your different physical activities (i.e. walking, playing tag, sports or on the playground) you do during this challenge - include moderate to vigorous physical activities. Please also record how many minutes you were active and write it next to the activity. Strive to be active 60 minutes a day.
3. Fill in the star (★) next to any activity that you complete with your family.
4. Return your log (with parent's signature) to your teacher on _____ (date).

Record Your Activities

#	Description of Physical Activity	Minutes	Family
1.	<i>walked our dog with my dad</i>	<i>20</i>	★
2.			☆
3.			☆
4.			☆
5.			☆
6.			☆
7.			☆
8.			☆
9.			☆
10.			☆

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#	Description of Physical Activity	Minutes	Family
11.			☆
12.			☆
13.			☆
14.			☆
15.			☆
16.			☆
17.			☆
18.			☆
19.			☆
20.			☆
21.			☆
22.			☆
23.			☆
24.			☆
25.			☆

Parent Note: Children and adolescents need 60 minutes or more of physical activity – a combination of moderate-intensity aerobic activity (brisk walking) and vigorous-intensity activity (running) – each day. Activities that increase the heart rate making conversations difficult while moving are considered to be moderate to vigorous physical activities. Incorporate vigorous-intensity activity at least three days per week.

Another way for you to determine if you are getting the U.S. Surgeon General’s recommendation for daily physical activity is to strive for at least 10,000 steps a day! For more information on physical activity recommendations please visit www.CDC.gov.