



Fit for Life!

It's time to get fit! Work together as a family to increase and achieve your daily required physical activity.

For more information on requirements refer to www.cdc.gov/physicalactivity/everyone/guidelines/index.html.

Did you know?

Youth should get at least 60 minutes of moderate to vigorous physical activity daily while adults should get 150 minutes nearly every day of the week.

Program Goals

1. As a family, identify activities you enjoy from the Activity List.
2. All family members should strive to be physically active every day.
3. Consult the table to the right to determine how many points you have earned and record your points each day on the activity log. Points may be earned from one or multiple activities. Your goal is to earn at least four points each day.
4. Use the small square boxes to check off if at least one family member or friend worked out with you. Work to get at least five check marks each week.
5. **Bonus:** If you have a minimum of five check marks during the week, you can reward yourself 1 extra point for the week.
6. Each age group has an activity goal for six weeks. See how many family members can achieve the goal. You may add a week if you are sick or injured.
7. As you complete your activity log, bring it back to school for a completion grade by _____.
8. Students who reach the activity goal will be rewarded with a certificate.

Activity List

Activity	Time	Points	Activity	Time	Points
Active Games	15	2	Mowing	15	2
Aerobic Gym Equipment	15	2	Raking Leaves	15	1
Basketball	15	2	Skateboarding	15	1
Baseball/Softball	15	1	Skating (Ice/Roller/Inline)	15	1
Biking	15	2	Soccer	20	2
Dance (Aerobics)	15	2	Swimming (Laps)	10	2
Dance (Other)	15	1	Tag Games	15	2
Football	15	2	Tennis	15	1
Gymnastics	15	1	Vacuuming	15	1
Hockey (Ice/Field)	15	2	Volleyball	15	1
Jogging/Running	10	2	Walking	20	2
Jumping Rope	10	2	Weight Training	15	1

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Activity Log

Age	Total Points Needed	Maximum Points Per Week
5-8	120	20
9-12	180	30
13-17	240	40
17+	270	45

Date	SUN	MON	TUES	WED	THURS	FRI	SAT	Total Points/Check Marks	Parent Initial & Date
Week 1 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 2 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 3 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 4 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 5 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 6 _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Extra _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
TOTAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Helpful Tip: A minimum of five check marks per week equals one extra bonus point for the week.

Student Signature: _____ Date: _____

Guardian Signature: _____ Date: _____