



## Thanksgiving Log Challenge

Student's Name: \_\_\_\_\_

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

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Stay Active During The Holidays

1. Be physically active during the Thanksgiving holiday by participating in the Thanksgiving Log Challenge.
2. Complete at least four of the six activities listed below.
3. Have family members and/or friends write their initials next to each completed activity.
4. Return your log (with parent's signature) to your teacher on \_\_\_\_\_ (date).

### Record Your Activities

Description of Physical Activity	Initial
1. After Thanksgiving dinner, continue your family time with a walk around your block.	
2. Take a "Time Out" from television and play a family game outside - football, tag or play catch.	
3. Enjoy the autumn colors by going outside to play in the leaves. When you are done playing, offer to rake and/or bag the leaves.	
4. In preparation for your guests, stay active by vacuuming or dusting. Remember, all movement counts.	
5. Looking to stay inside. Play a board or video game that keeps you active and moving. If you don't have a game, try charades or dance to your favorite music.	
6. Choose a favorite activity and list it here: _____	

**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](http://www.CDC.gov).