



Winter Activity Log Challenge

Student's Name: _____

Teacher: _____ Grade: _____

Parent's Signature: _____ Date: _____

Instructions

1. Write down all the different physical activities your family participates in during the month of _____. Challenge each family member to choose at least two different physical activities – examples include walking, running, playing tag, throwing a ball, jumping rope, vacuuming, and playing at the park.
2. Be creative! Set a goal for you and your family to be active for at least 60 minutes a day. See how many different activities your family can do during this logging challenge. Try to be active for at least 10 minutes at a time.
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.			☆
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.			☆

Review Questions

1. How many different type of activities did you participate in over the challenge? _____
2. Who participated with you during the challenge? _____

3. Which activity was your favorite? _____
4. Which activity was the easiest? _____
5. Which activity was the most difficult? _____

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.