




























Name _____ Grade _____ Week of _____










Check each activity that helped you move each day and list the approximate number of minutes.

Fitness Trackers should be turned in to Coach Cindi each Tuesday.










Tuesday	<input type="checkbox"/> Recess	 <input type="checkbox"/>	PE	 <input type="checkbox"/>	Walk	 <input type="checkbox"/>	run	
	<input type="checkbox"/> Sports practice or game	 <input type="checkbox"/>	Walk the dog	 <input type="checkbox"/>	Clean	 <input type="checkbox"/>	gardening	
	<input type="checkbox"/> trampoline	 <input type="checkbox"/>		<input type="checkbox"/>				Total number of minutes

Wednesday	<input type="checkbox"/> Recess	 <input type="checkbox"/>	PE	 <input type="checkbox"/>	Walk	 <input type="checkbox"/>	run	
	<input type="checkbox"/> Sports practice or game	 <input type="checkbox"/>	Walk the dog	 <input type="checkbox"/>	Clean	 <input type="checkbox"/>	gardening	
	<input type="checkbox"/> trampoline	 <input type="checkbox"/>		<input type="checkbox"/>				Total number of minutes










Thursday	<input type="checkbox"/> Recess	 <input type="checkbox"/>	PE	 <input type="checkbox"/>	Walk	 <input type="checkbox"/>	run	
	<input type="checkbox"/> Sports practice or game	 <input type="checkbox"/>	Walk the dog	 <input type="checkbox"/>	Clean	 <input type="checkbox"/>	gardening	
	<input type="checkbox"/> trampoline	 <input type="checkbox"/>		<input type="checkbox"/>				Total number of minutes

Friday	<input type="checkbox"/> Recess	 <input type="checkbox"/>	PE	 <input type="checkbox"/>	Walk	 <input type="checkbox"/>	run	
	<input type="checkbox"/> Sports practice or game	 <input type="checkbox"/>	Walk the dog	 <input type="checkbox"/>	Clean	 <input type="checkbox"/>	gardening	
	<input type="checkbox"/> trampoline	 <input type="checkbox"/>		<input type="checkbox"/>				Total number of minutes










Saturday

<input type="checkbox"/>	Recess		<input type="checkbox"/>	PE		<input type="checkbox"/>	Walk		<input type="checkbox"/>	run	
<input type="checkbox"/>	Sports practice or game		<input type="checkbox"/>	Walk the dog		<input type="checkbox"/>	Clean		<input type="checkbox"/>	gardening	
<input type="checkbox"/>	trampoline		<input type="checkbox"/>			<input type="checkbox"/>				Total number of minutes	<input type="text"/>










Sunday

<input type="checkbox"/>	Recess		<input type="checkbox"/>	PE		<input type="checkbox"/>	Walk		<input type="checkbox"/>	run	
<input type="checkbox"/>	Sports practice or game		<input type="checkbox"/>	Walk the dog		<input type="checkbox"/>	Clean		<input type="checkbox"/>	gardening	
<input type="checkbox"/>	trampoline		<input type="checkbox"/>			<input type="checkbox"/>				Total number of minutes	<input type="text"/>

Monday

<input type="checkbox"/>	Recess		<input type="checkbox"/>	PE		<input type="checkbox"/>	Walk		<input type="checkbox"/>	run	
<input type="checkbox"/>	Sports practice or game		<input type="checkbox"/>	Walk the dog		<input type="checkbox"/>	Clean		<input type="checkbox"/>	gardening	
<input type="checkbox"/>	trampoline		<input type="checkbox"/>			<input type="checkbox"/>				Total number of minutes	<input type="text"/>

What was your favorite activity this week?

<input type="checkbox"/>	Recess		<input type="checkbox"/>	PE		<input type="checkbox"/>	Walk		<input type="checkbox"/>	run	
<input type="checkbox"/>	Sports practice or game		<input type="checkbox"/>	Walk the dog		<input type="checkbox"/>	Clean		<input type="checkbox"/>	gardening	
<input type="checkbox"/>	trampoline		<input type="checkbox"/>			<input type="checkbox"/>				Total number of minutes	<input type="text"/>