Month:	Physical	Activity Log
Student name	Be active 60 minutes	s or more at least 15 days per
Teacher	month. Write down Y	our activity or color in the boxe
Signature	1 or the days you a - 60 minutes. Get Ou	re physically active for at least t and Play, Every Day!
Sunday Monday Tuesday	Wednesday Thursda	Saturday
	Thursda	Y Friday
Sunday Monday Tuesday		lay
20114	Wednesday Thursda	Saturday Friday
	17 nursqa	14 / 4 day .
Monday Tues!		
Sunday Monday Tuesday	Wed	Saturday
	Wednesday Thursda	Y Friday
Sunday Monday Tuesday	Wednesday Thursda	Saturday
	Thursda	Y Friday
Sunday Monday Tuesday	Wed	Saturday
	Wednesday Thursda	
SATE OF ALAST		
PLAY		
A REAL PROPERTY OF Health and Social DAY	ROVIDENCE ealth & Services aska	www.healthyfuturesak.org