Month:	Physical Activity Log
Student name	Be active 60 minutes or more at least 15 days per month. Write down your activity or color in the boxe
Teacher	month. Write down your activity or color in the boxe
Signature	for the days you are physically active for at least 60 minutes. Get Out and Play, Every Day!
Sunday Monday Tuesday	Wednes
	Thursday Friday
Sunday Monday Tuesday) way
	Wedhesday Thursday Friday
Monday Tues	
Sunday Monday Tuesday	Wedhesday Thursday Friday
Sunday Monday Tuesday	Jay 1ax
Sunday Monday Tuesday	Wednesday Friday Saturday
Sunday Monday Tuesday	Wedhan
SV	Wednesday Friday Friday
PLAY	
LVERY TO DAY	PROVIDENCE Health & Services Alaska Www.healthyfutureSak.org