

Summer Challenge Physical Activity Log

Student name _____

Program _____

Signature _____

Be active **60 minutes** or more at least **10 days** during 2 weeks. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. **Get Out and Play, Every Day!**

Week 1

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Week 2

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Challenge Details

- * A successful log is at least 60 minutes of physical activity a day for 10 days of the 14-day challenge.
- * Turn in a successful log and you will win a prize!



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