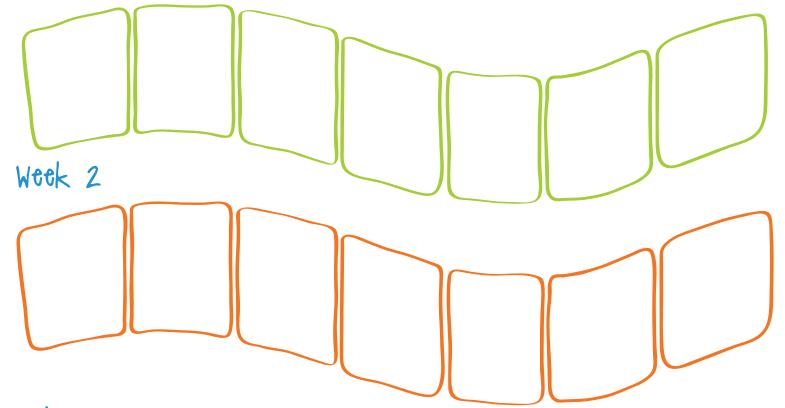
Summer Challenge Physical Activity Log

Student na	ame
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



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!





Camp I









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