Physical Activity Log

Month: Marathon March

Student name _____

Teacher _____

Signature _____

Be active 60 minutes or more at least 15 days per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. In addition, thanks to Skinny Raven Sports, get 26 miles in March to receive a prize and be entered to win a pair of running shoes!!

Get Out and Play, Every Day!

Write the # of miles in the corner boxes to keep track of each day for Marathon March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Marathon March Total Miles

PROVIDENCE Health & Services Alaska

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