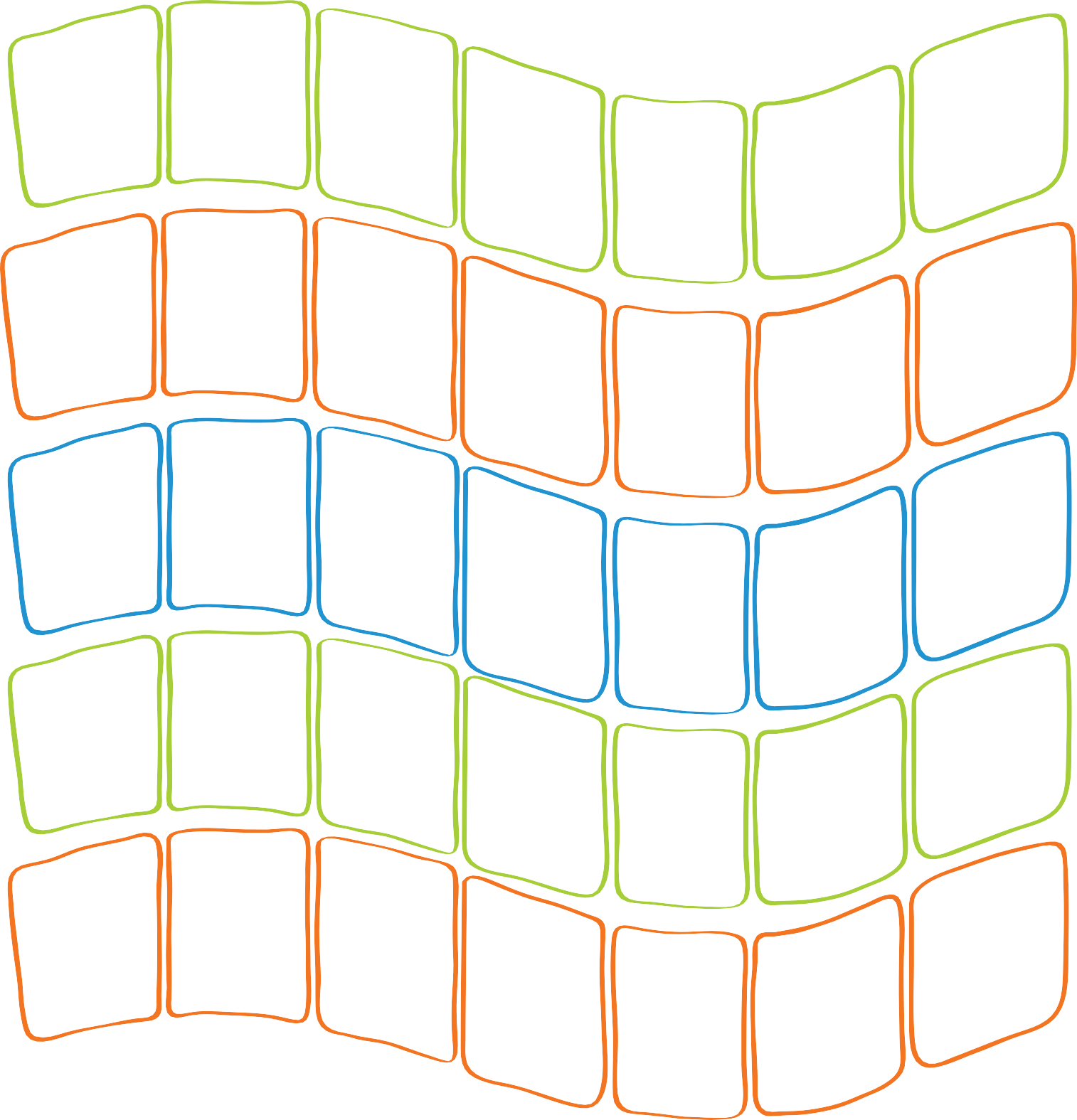
Month:

April

Physical Activity Log

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. Get Out and Play, Every Day!

Thursday

Thursday

Thursday

Thursday

Thursday

[www.healthyfuturesak.org](http://www.healthyfuturesak.org/)