Month:	Physical	Activity Log
Student name	Be active 60 minutes	s or more at least 15 days per
Teacher	month. Write down Y	our activity or color in the boxe
Signature	or the days you a	ire physically active for at least t and Play, Every Day!
Sunday Monday Tuesda	Wednesday Thursda	Saturday
	Thursda	Y Friday
Sunday Monday Tuesda	av	Jay
	Wednesday Thursda	Saturday Friday
Monday Tues		
Sunday Monday Tuesq	Yay Way	Saturday
	Wednesday Thursda	TY Friday
Sunday Monday Tuesda		, Jay
90114.	Wednesday Thursda	Saturday Friday
Monday Tues		
Sunday Monday Tuesdo	ay Wed	Saturday
	Wednesday Thursda	
PLAY		
THE DAY	PROVIDENCE Health & Services Alaska	www.healthyfuturesak.org