Month:

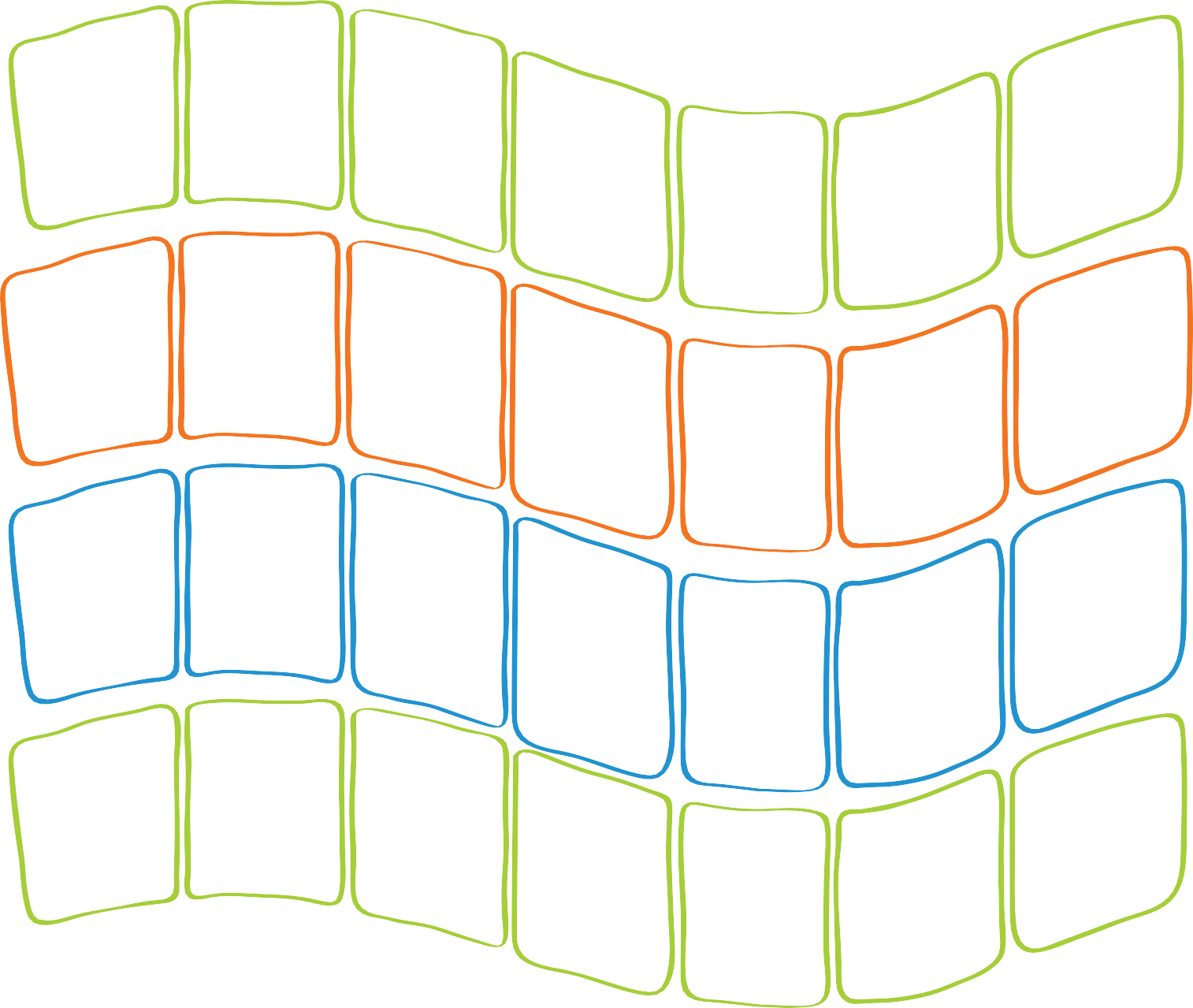
Student name Teacher Signature

Physical Activity Log

Tuesday

Monday

Sunday

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!

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

Thursday

Saturday

Friday

Wednesday

Friday

Wednesday

Sunday

Tuesday

Monday

Thursday

Saturday

Thursday

Tuesday

Monday

Sunday

Friday

Wednesday

Thursday

Tuesday

Monday

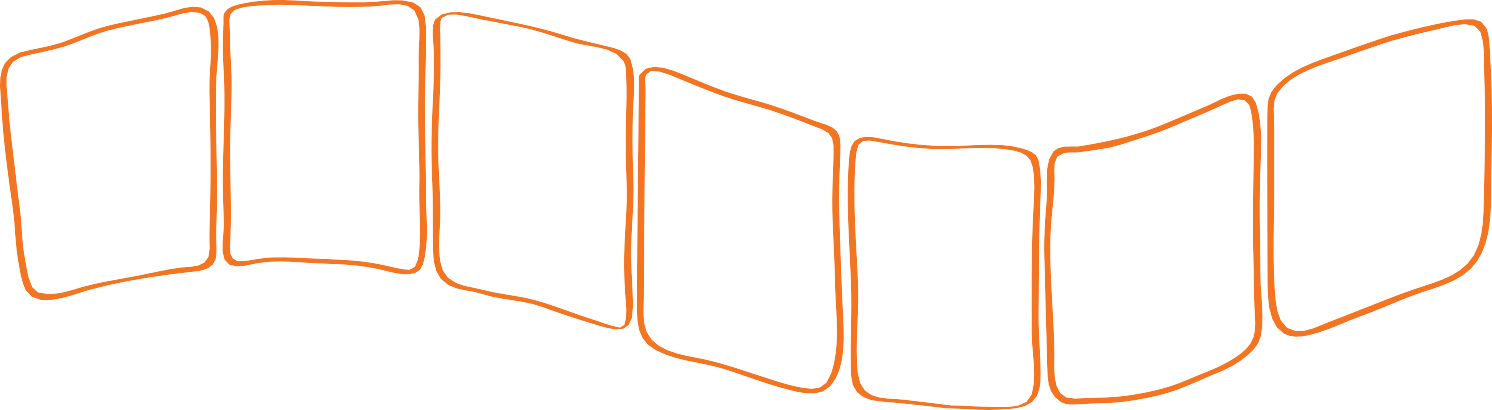
Wednesday

Saturday

Sunday

Friday

Saturday



Thursday

Monday

Sunday

Saturday

Wednesday

Tuesday

Friday

­­­­­

