



ACTIVITY CHART: HOW WILL YOU GET YOUR 60 MINUTES OF PHYSICAL ACTIVITY TODAY?

Hey Parents! Take time each day with your child to write down what activities your child participated in and for how many minutes. Give your child an extra 10 bonus minutes if you participated in the physical activity with them!

Day	List all Activities and total minutes for each activity	Total Minutes
<i>example</i>	<i>Walked to school (10 min) rode bike (20 min) played basketball (40 min)</i>	<i>70 minutes</i>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Here are some activities to pick from, or list your own: Golf, four-square, hop scotch, football, swimming, bike riding, skipping, basketball, hopping, running, jogging, jump rope, soccer, tennis, walking, lacrosse.

List your FAVORITE activity here: _____