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| Name: | Class: | Date: |

**WEEK 1:** Use this activity log to track your physical activity minutes.

Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

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| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **ABC OK** | **Sample Day** | Phys. Ed. Activities  30 Mins | Walk with Family  15 Mins | Dance Challenge  15 minutes | 60 mins |
|  | **Monday** |  |  |  |  |
|  | **Tuesday** |  |  |  |  |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** |  |  |  |  |
|  | **Friday** |  |  |  |  |
|  | **Saturday** |  |  |  |  |
|  | **Sunday** |  |  |  |  |

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| **Physical Activity Fun-Meter**  Rate your physical activity enjoyment for the week. | | |
|  |  |  |
| Circle if you had  **TONS OF FUN** | Circle if you had  **SOME FUN** | Circle if you had  **SO-SO FUN** |

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| **Check-In Chat**  *[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*  > What physical activities did you do this week that helped your body be healthy? |

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| Name: | Class: | Date: |

**WEEK 2:** Use this activity log to track your physical activity minutes.

Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

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| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **ABC OK** | **Sample Day** | Phys. Ed. Activities  30 Mins | Walk with Family  15 Mins | Dance Challenge  15 minutes | 60 mins |
|  | **Monday** |  |  |  |  |
|  | **Tuesday** |  |  |  |  |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** |  |  |  |  |
|  | **Friday** |  |  |  |  |
|  | **Saturday** |  |  |  |  |
|  | **Sunday** |  |  |  |  |

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| **Physical Activity Fun-Meter**  Rate your physical activity enjoyment for the week. | | |
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| Circle if you had  **TONS OF FUN** | Circle if you had  **SOME FUN** | Circle if you had  **SO-SO FUN** |

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| **Check-In Chat**  *[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*  > Great job this week! What physical activities can you do next week to help you stay healthy? |

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| Name: | Class: | Date: |

**WEEK 3:** Use this activity log to track your physical activity minutes.

Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

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| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **ABC OK** | **Sample Day** | Phys. Ed. Activities  30 Mins | Walk with Family  15 Mins | Dance Challenge  15 minutes | 60 mins |
|  | **Monday** |  |  |  |  |
|  | **Tuesday** |  |  |  |  |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** |  |  |  |  |
|  | **Friday** |  |  |  |  |
|  | **Saturday** |  |  |  |  |
|  | **Sunday** |  |  |  |  |

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| **Physical Activity Fun-Meter**  Rate your physical activity enjoyment for the week. | | |
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| Circle if you had  **TONS OF FUN** | Circle if you had  **SOME FUN** | Circle if you had  **SO-SO FUN** |

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| **Check-In Chat**  *[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*  > Think about all of the physical activities that you did this week. Which activity help you improve your aerobic capacity? |

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| Name: | Class: | Date: |

**WEEK 4:** Use this activity log to track your physical activity minutes.

Have an adult sign their initials next to each day that you complete 60 minutes.

**Go Be Great Goal:** Get 60 minutes (or more) of physical activity every day.

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| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **ABC OK** | **Sample Day** | Phys. Ed. Activities  30 Mins | Walk with Family  15 Mins | Dance Challenge  15 minutes | 60 mins |
|  | **Monday** |  |  |  |  |
|  | **Tuesday** |  |  |  |  |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** |  |  |  |  |
|  | **Friday** |  |  |  |  |
|  | **Saturday** |  |  |  |  |
|  | **Sunday** |  |  |  |  |

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| **Physical Activity Fun-Meter**  Rate your physical activity enjoyment for the week. | | |
| A picture containing drawing  Description automatically generated | A picture containing drawing, ball  Description automatically generated | A picture containing ball, drawing  Description automatically generated |
| Circle if you had  **TONS OF FUN** | Circle if you had  **SOME FUN** | Circle if you had  **SO-SO FUN** |

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| **Check-In Chat**  *[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*  > There are many reasons to be physically active. Can you make a list of your reasons for being active? |

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