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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.

**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** |
| **ABCOK** | **Sample Day** | Phys. Ed. Activities30 Mins | Walk with Family15 Mins | Circuit Training Exercises15 minutes | 60 mins |
|  | **Monday** |  |  |  |  |
|  | **Tuesday** |  |  |  |  |
|  | **Wednesday** |  |  |  |  |
|  | **Thursday** |  |  |  |  |
|  | **Friday** |  |  |  |  |
|  | **Saturday** |  |  |  |  |
|  | **Sunday** |  |  |  |  |

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| **Physical Activity Enjoyment Meter**Rate your physical activity enjoyment for the week. |
|  |  |  |
| Circle if you had**GIANT ENJOYMENT** | Circle if you had**AVERAGE ENJOYMENT** | Circle if you had**SO-SO ENJOYMENT** |

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| **Check-In Chat***[Respond to the question below with 2 or 3 sentences.]*> Let’s focus on using positive words to describe physical activity and exercise. In the space below, write a positive sentence about why daily physical activity is important to you. |

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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.

**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** |
| **ABCOK** | **Sample Day** | Phys. Ed. Activities30 Mins | Walk with Family15 Mins | Circuit Training Exercises15 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 close up of a sign  Description automatically generatedA close up of a sign  Description automatically generated | A close up of a sign  Description automatically generated | A close up of a sign  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***[Respond to the question below with 2 or 3 sentences.]*> What actions did you take to control your personal behavior to create a positive environment for your friends and family members? |

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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.

**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** |
| **ABCOK** | **Sample Day** | Phys. Ed. Activities30 Mins | Walk with Family15 Mins | Circuit Training Exercises15 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 close up of a sign  Description automatically generated |  | A close up of a sign  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***[Respond to the question below with 2 or 3 sentences.]*> Briefly write about a situation in which you could have used mindful breathing to help control your emotions. |

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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.

**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** |
| **ABCOK** | **Sample Day** | Phys. Ed. Activities30 Mins | Walk with Family15 Mins | Circuit Training Exercises15 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***[Respond to the question below with 2 or 3 sentences.]*> What is the purpose of physical education class in your life? Why is learning about building a physically active lifestyle important for you now and in the future? |