

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.

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

### 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**

### 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.

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.

Initials	Day	Activity 1	Activity 2	Activity 3	Total
ABC OK	Sample Day	Phys. Ed. Activities 30 Mins	walk with Family 15 Mins	Circuit Training Exercises 15 minutes	60 mins
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

### 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**

### 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?

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.

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

### 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**

### 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.

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.

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

### 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**

### 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?