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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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
[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?
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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**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**

[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?
**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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**Physical Activity Fun-Meter**

Rate your physical activity enjoyment for the week.

- ![Smiley face] Circle if you had **TONS OF FUN**
- ![Smiley face] Circle if you had **SOME FUN**
- ![Smiley face] Circle if you had **SO-SO FUN**

**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 made your heart beat the fastest?
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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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

*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?