|  |  |  |
| --- | --- | --- |
| Name:  | Class: | Date: |

**WEEK 8:** 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **ABCOK** | **Sample Day** | Phys. Ed. Activities30 Mins | Walk with Family15 Mins | Dance Challenge15 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***[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*> What did you do this week to protect or improve your health? (Think about physical activities, mindful breathing, and healthy eating.) |

|  |
| --- |
|  |

|  |  |  |
| --- | --- | --- |
| Name:  | Class: | Date: |

**WEEK 9:** 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **ABCOK** | **Sample Day** | Phys. Ed. Activities30 Mins | Walk with Family15 Mins | Dance Challenge15 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***[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*> List 1 healthy food from each food group that you ate this week. (If you can’t think of a food in a certain food group then list 2 from another.) |

|  |
| --- |
|  |

|  |  |  |
| --- | --- | --- |
| Name:  | Class: | Date: |

**WEEK 10:** 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Initials** | **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Total** |
| **ABCOK** | **Sample Day** | Phys. Ed. Activities30 Mins | Walk with Family15 Mins | Dance Challenge15 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***[Think – think some more – and then express yourself through writing, art, or with a selfie video.]*> It’s important to balance healthy eating, physical activity and schoolwork. What did you do this week to help balance healthy eating, physical activity, and schoolwork? |

|  |
| --- |
|  |