

# JUGGLE NUTRITION

## Activity Log

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.

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				

### 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?

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## Activity Log

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.

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				

### 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?

# JUGGLE NUTRITION

## Activity Log

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.

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				

### 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.]*

> Think about all of the physical activities that you did this week. Which activity made your heart beat the fastest?

# JUGGLE NUTRITION

## Activity Log

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.

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				

### 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?