MINUTE TO WIN
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?

MINUTE TO WIN
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 the physical activities that you did this week. Which activity did you enjoy the most?

MINUTE TO WIN
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 learn new skills. Make a list of your reasons for learning a new skill.

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