

# Spikeball™

## 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 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.]*

> What was the biggest benefit of your physical activity choices this week?

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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 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.]

> What was your favorite nutritious food and how did your body benefit from you eating that food?

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## 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 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.]*

> What barrier to being physically active did you overcome over the past 3 weeks? How did you overcome it?

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## 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 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

*[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?

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