

Name: _____ Date: _____

Did you know that kids should be active for one hour each day? The more you're active, the better you'll feel. Try it! Use this fitness log to see how much exercise you get each day.

Remember, lots of fun things you do count as exercise/activity. Check out some fun activities here:

- Biking
- Jumping rope
- Walking a dog
- Swimming
- Skateboarding
- Running/jogging
- Walking
- Dancing
- Playing outdoor games like Tag or Hide 'n' Seek

Then, keep track of how active YOU are each day. Post the chart on the next page on your refrigerator at home.

After one week, check out your progress. What did you learn?

- Are you more active some days than others?
- Do you get moving better in the morning, afternoon, or evening?
- Do you need to find a new fun activity?
- Can you do 2–4 activities per day for short periods of time that add up to 60 minutes?

Below or on the back of this piece of paper, make a plan! Then, try to stick to it for one week—track it!

