Let’s track how much exercise you do in a week! In each of the weekday boxes, write what sports and activities you do and how long you do them, and try to do at least an hour every day! You can do 4 different activities for 15 minutes each, 3 different activities for 20 minutes each, 2 different activities for 30 minutes each, or 1 activity for 60 minutes, or more! Ask dad to join you in working out!

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| First Activity | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ |
| Second Activity | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ |
| Third Activity | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ |
| Fourth Activity  | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ |
| Any other activities!  | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ | Activity:How long: \_\_\_\_\_\_\_ |



|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Total minutes per day |  |  |  |  |  |  |  |
| Color in the star when you’ve done an hour! |  |  |  |  |  |  |  |
| Which exercises did you do with dad? |  |  |  |  |  |  |  |
| Dad’s signature! |  |  |  |  |  |  |  |

How many stars did you get this week? Circle your number!

