



HEADS IN, HEARTS IN

Physical Activity Log

Instructions for Set-Up

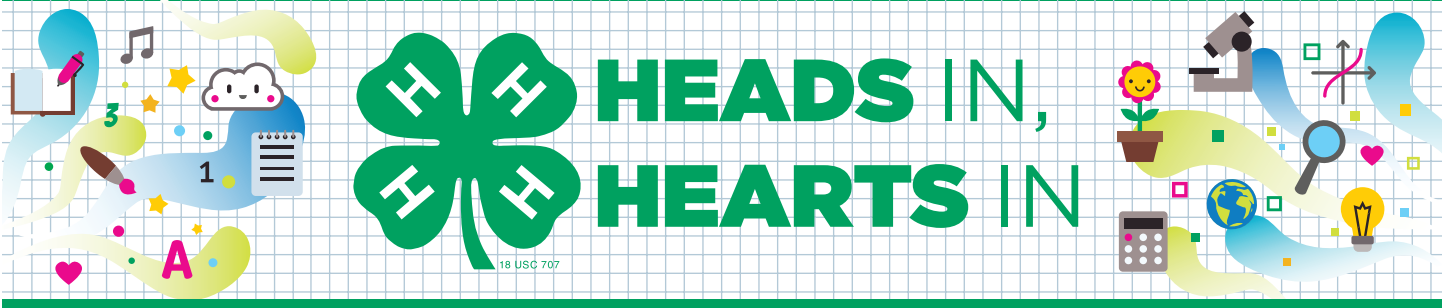
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Physical Activity Log” handout (1 per participant)
- Crayons, markers, pencils or other writing utensils
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print a copy of the “Physical Activity Log” handout for each participant.
- ▶ Set up the display table with necessary supplies.





Physical Activity Log

Guide for Families

Learning Objectives

What you need to know:

The U.S. Department of Health and Human Services recommends that children and adolescents be physically active every day for at least 60 minutes. Being active will make you healthier now and improve your chance of becoming a healthy adult. Being intentional about physical activity can help you to meet the goal of 60 minutes of physical activity each day. Consider ways that you are physically active and ways that your family can be physically active together.

What you will do and learn:

Keeping a physical activity log is a tool to help ensure that the goal of 60 minutes of physical activity each day is being met. You will create a log by recording each day's physical activity, making sure that the total number of minutes of activity each day is at least 60.

Instructions

1. Take a Physical Activity Log and put your name on it using a writing utensil.
2. Think about what you have already done today to be physically active.
3. Write that activity and how many minutes you did it for in today's box. You may ask an adult for help.
4. Consider what activities you will do the rest of the week to be physically active. Don't write them in the box until you have actually done them. (Take the log home with you.)
5. Make it a goal to get at least 60 minutes of physical activity every day.
6. At the end of each week, review if you met your goal. Identify ways to be sure you meet your goal each day.

Physical Activity Log

Physical Activity Log Handout

Name: _____

I can do many different activities in a day that will help me with getting 60 minutes of physical activity, which is important for good health.

Day and Date	Activity # of minutes	Activity # of minutes	Activity # of minutes	Activity # of minutes	Total # of minutes
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					