

Athlete _____

ACTIVITY LOG

Parent Signature _____

5 minutes of heart-pumping exercise is the same as running a quarter-mile!

Color one square for every 5 minutes of physical activity.

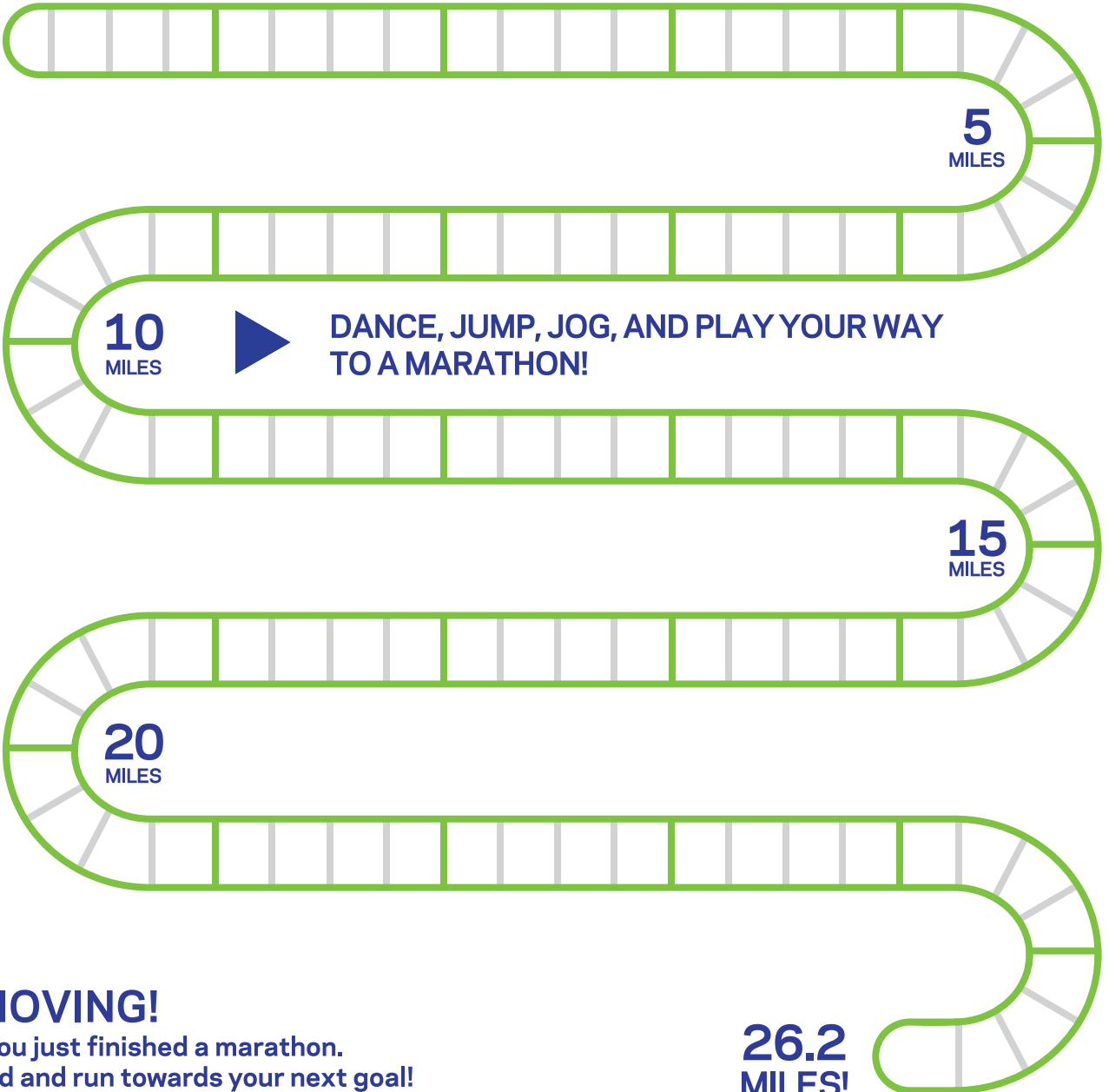
Example:



ACTIVITY IDEAS:

- Walk the dog
- Jump rope
- Ride your bike
- Build an obstacle course
- Practice sports skills

START



KEEP MOVING!

Way to go! You just finished a marathon.
Stay focused and run towards your next goal!