Month:			Physi	ical	Activi-	łY	Log
Student name			Be active 6	O minutes	or more at le	ast 15	days per
Teacher			month. Writ	e down You	r activity or	color in the	the boxes
Signature			60 minutes.	. 70,000 S	physically a gord points is Play, Every [	equivale	nt to 60
Sunday	Monday	Tuesday	Minutes. Ge Wednesday	t Out and Thursday	Play, Every [	)ay! Sati	urday
Sunday	Monday						urday
		,	Wednesday	Thursday	Friday	281	UN 1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sati	urday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sati	urday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sati	urday
	TE of ALASCH SOLUTION AND SOLUT	Unite Wa	d PRO	VIDENCE & Services	www.healtl	hyfutur	PLAY EVERY DAY tsak.org