

Name: _____

Hour(s): _____

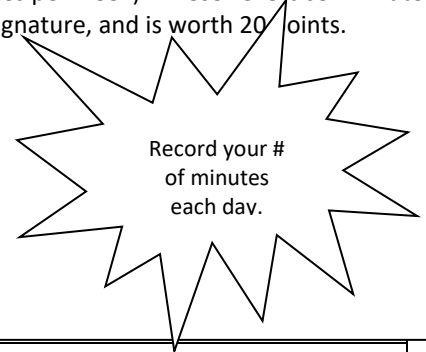
MONTHLY FITNESS LOG

Directions: In order to improve your fitness levels, and make exercise part of your daily life, you are required to engage in moderate to vigorous activity for a minimum number of minutes to reach your monthly target (at least 300 minutes per week). These "exercise" minutes may not include physical education class. This will be due at the end of each month, with a parent signature, and is worth 20 points.

Examples of how you could reach your 300 minutes per week:

- Walk the dog every day for ten minutes (7X10=70 minutes)
- Active during noon rec every day (5X15=75 minutes)
- Soccer, football, dance practice (1X60=60 minutes)
- Play Wii Kinect two times for 30 minutes (2X30=60 minutes)
- Yard work one day (1X35=35 minutes)

TOTAL NUMBER OF ACTIVE MINUTES=300 this week



MONTH of SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**September 2019 Required
Number of Minutes:**

900

Total number of minutes exercised this month:

_____ minutes

Parent Signature: _____