

**ON THE MOVE!**

On the chart below, keep track of 60 minutes of fun physical activities per day.

Use the back of the page if you need more room. When you've completed five days, bring your sheet back to your classroom to share and discuss with your classmates.

Then start all over again!

Days	Fun Activity	Time Spent	Comments
	<p>On the lines below, write down your daily activities for five days. Make sure your activities add up to 60 minutes per day.</p> <p>These activities can be 60 minutes all at once, or in smaller intervals. For example: 15 minutes of playing catch, 10 minutes of walking to school, 5 minutes of baton twirling, 10 minutes of stretching, etc.</p>	<p>In this column, record the amount of time you spent on each activity.</p>	<p>Use the space below to write down any comments. For example:</p> <ul style="list-style-type: none"> <li>• How did I do today?</li> <li>• What did I learn today?</li> <li>• What are my activity goals for tomorrow?</li> </ul>
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			

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