

It's The Daily Things That Count - PHYSICAL ACTIVITY TRACKER



MOVE & IMPROVE >

MONTH: _____

Name: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Week 1	eg: Bike-15 minutes							
	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	_____min.
Week 2								
	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	_____min.
Week 3								
	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	_____min.
Week 4								
	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	Daily Total: _____	_____min.

Activity Suggestions:

Swim, Bike, Skate, Skip, Toboggan, Dance, Walk, Play Soccer/Hockey/Baseball/Basketball, Build a Snowman, Play at the Park, Rake Leaves, Do Gymnastics, etc. Please note these are suggestions - you're not limited to just these particular activities. **All Physical Activities Count!**

BONUS SECTION



Monthly Total:

_____ minutes

_____ # of bonus activities

HOW TO USE THE PHYSICAL ACTIVITY TRACKER

Depending on your child's age, they can fill in the Tracker with or without your help.

At the beginning of the month, print a copy of the Physical Activity Tracker for each child. Post it where they can see it every day – their bedroom mirror or the refrigerator. This will help encourage and remind them to be active daily.

- 1.** Each day that your children are active, have them write down what physical activities they did and how many minutes they were active.
- 2.** At the end of the week, have your children add up the minutes for the Weekly Total.
- 3.** At the end of the month, add up the Weekly Total minutes to get the Monthly Total minutes of physical activity for that month.
- 4.** At the end of the first month, you and your kids will have an idea of how active they are. Next month, encourage them to move more to improve! The goal is to get them physically active for 90 minutes a day, every day!

EARN BONUS POINTS!

Your children can earn bonus points by encouraging others to be active. They can check off a running shoe in the bonus section on their Tracker every time they encourage friends or family to play together. For example:

- Lead the family on a hike,
- play catch or pick-up basketball after school with friends, or
- walk to the park with a group of friends.