

San Diego Christian Homeschools

Physical Activity Log

Name: _____ Age/Grade: _____

- My goal: 20 Minutes per day (state requirement for elementary grades)
 40 Minutes per day (suggested for healthy 5th/6th graders and up)
 60 Minutes per day (suggested for middle-school through high-school)

Day:	Date:	Activity:	Minutes:	Activity	Minutes:	Total:	
Mon.							
Tues.							P.E.?
Wed.							
Thurs.							
Fri.							P.E.?
Weekly Minutes Total:						<input type="text"/>	☆

Day:	Date:	Activity:	Minutes:	Activity	Minutes:	Total:	
Mon.							
Tues.							P.E.?
Wed.							
Thurs.							
Fri.							P.E.?
Weekly Minutes Total:						<input type="text"/>	☆

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Thurs.							
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Tues.							P.E.?
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Thurs.							
Fri.							P.E.?
Weekly Minutes Total:						<input type="text"/>	☆

Turn in chart to your Parent or Instructor, but first try some of these activities to earn extra "stars":

- | | |
|---|---|
| <input type="checkbox"/> Run in-place for 10 minutes, non-stop ☆ | <input type="checkbox"/> Talk a long walk with a family member(s) ☆ ☆ |
| <input type="checkbox"/> Practice the 5 Pres. Fitness activities ☆ ☆ | <input type="checkbox"/> Take the dog for a jog ☆ |
| <input type="checkbox"/> Build muscle, lift cans (or similar) 20 reps ☆ | <input type="checkbox"/> Invent a new stretch and demonstrate at P.E. ☆ |

Parent's initials: _____ Instructor's initials: _____ Stars: _____