



Name: _____ Grade: _____ Teacher: _____

Directions: List every activity you do during the day and how many minutes you did. Then add up the total time at the bottom of each day. Remember anytime your body is moving you are exercising!

Day 1		Day 2		Day 3	
Exercise	Time Minutes	Exercise	Time Minutes	Exercise	Time Minutes
Total Time		Total Time		Total Time	

For 3 days I exercised a total time of: _____

I like exercise because _____

Parent Signature _____

The Surgeon General recommends children get at least 60 minutes of exercise a day.