

Personal Get Up and Go Activity Log

Fill in the days of the week and the date for the week as shown in the sample. In each day's log, write down each activity you did and the amount of time you exercised for. Then, at the bottom of each day's square, write down the total number of minutes you spent exercising. Experts say kids and teens need at least 60 minutes of exercise most days of the week. (Try to aim for even more!)

date: Sept. 1

Softball game

• 2 hours

Went for a swim

• 45 minutes

Played tag with

little cousins

• 30 minutes

Yoga with mom

• 1 hour

Track Yourself!

Make a special three-ring binder or folder with prongs to keep track of your progress. Punch holes in each week's planner and file it in your binder. Decorate your binder or folder with photos and sayings to help keep you motivated. The binder will also help you look back at how far you have come, and celebrate all your hard work!



My Exercise Goal: _____

(You don't need to tell anyone else what your goal is! This is just for you.)

date:	date:	date:	date:	date:	date:
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