Get Up and Go

www.weeklyreader.com/getupandgo

current health

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. Experts say kids and teens need at least 60 minutes of exercise most days of the week. (Try to aim for even more!)

date: September 1

activity:
Played basketball in P.E. class
time spent: 30 mins.

activity:
went for a walk
time spent: 45 mins.

total time exercised:
1 hour 15mins

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!

date:	date:	date:	date:	date:	date:	date:
activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____
activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____
activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____	activity: time spent: _____
total time exercised:	total time exercised:	total time exercised:	total time exercised:	total time exercised:	total time exercised:	total time exercised: