Activity Log Quick Activity

Discuss the importance of having some physical activity in each day’s routine. Explain that 30-60 minutes or more of moderate to vigorous activity most days is a good goal. Suggest that students keep a log to track their daily amount of physical activity. Give students copies of Activity Log Activity Sheet to keep records for at least one week.

Have students record their daily activities on the log forms, checking to see how well they are incorporating physical activity into their daily and weekly routines.