



American Heart Association.



PLAY:60

The American Heart Association and National Football League are working together to get youth physically active.

FITNESS TRACKING COMPETITION



Keep track of your class or afterschool program's physical activity time each day from September 26–October 26, and mark the number of minutes using the calendar below!



MON	TUES	WED	THURS	FRI
26 _____	27 _____	28 _____	29 _____	30 _____
3 _____	4 _____	5 _____	6 _____	7 _____
10 _____	11 _____	12 _____	13 _____	14 _____
17 _____	18 _____	19 _____	20 _____	21 _____
24 _____	25 _____	26 _____		

Email a snapshot of completed sheets to:
NFLPLAY60@heart.org