

NFL PLAY 60: FITNESS TRACKING COMPETITION

Don't have access to the NFL PLAY 60 app? We've got you!

Follow the instructions below and write your classroom or group's minutes of movement for each day of the competition on the calendar.

STEP 1: Choose your workout duration - 5, 10, 15, 30, or 60 minutes.

STEP 2: Select a combination of the following exercises. Map out how long you want to do each of the moves for before you start! It's a good idea to use a timer if you have one available.

- Push-Ups
- Jumping Jacks
- Squats
- Leg Raises
- Lunges
- Run in Place
- Sit-Ups
- Balance on One Leg
- Arm Lifts

STEP 3: Start your workout - get moving and have FUN!

PUSH-UPS



JUMPING JACKS



SQUATS



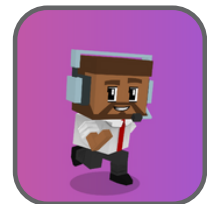
LEG RAISES



LUNGES



RUN IN PLACE



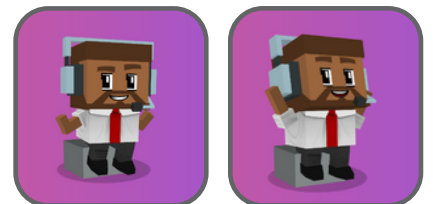
SIT-UPS



BALANCE ON ONE LEG



ARM RAISES





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

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MINUTES OF MOVEMENT

Teacher Name: _____

School Name: _____

Grade: _____

START!

Monday 1/22

Tuesday 1/23

Wednesday 1/24

Thursday 1/25

Friday 1/26

Saturday 1/27

Sunday 1/28

Monday 1/29

Tuesday 1/30

Wednesday 1/31

Thursday 2/1

Friday 2/2

Saturday 2/3

Sunday 2/4

Monday 2/5

Tuesday 2/6

Wednesday 2/7

Thursday 2/8

Friday 2/9

**GREAT
JOB!**

Total Minutes: _____

**Send your completed form to
NFLPLAY60@heart.org by Friday 2/16.**