

Physical Activity Log

Grades
3-5



American Alliance for
Health, Physical Education,
Recreation and Dance



American Heart
Association

Learn and Live®

Directions: Fill out the form and bring it back to class.
Encourage others in your family to also participate. Consider keeping track for one month.

DUE DATE _____

NAME _____

GRADE _____ CLASS PERIOD _____

Week 1	Week 2
Date: _____	Date: _____
Monday: 20 Push-ups & 25 Curl-ups _____	Monday: 20 Push-ups & 25 Curl-ups _____
Tuesday: Choice activity: _____ # min. _____	Tuesday: Choice activity: _____ # min. _____
Wednesday: 20 Push-ups & 25 Curl-ups _____	Wednesday: 20 Push-ups & 25 Curl-ups _____
Thursday: Choice activity: _____ # min. _____	Thursday: Choice activity: _____ # min. _____
Friday: 20 Push-ups & 25 Curl-ups _____	Friday: 20 Push-ups & 25 Curl-ups _____
Guardian Signature: _____	Guardian Signature: _____
Week 3	Week 4
Date: _____	Date: _____
Monday: 20 Push-ups & 25 Curl-ups _____	Monday: 20 Push-ups & 25 Curl-ups _____
Tuesday: Choice activity: _____ # min. _____	Tuesday: Choice activity: _____ # min. _____
Wednesday: 20 Push-ups & 25 Curl-ups _____	Wednesday: 20 Push-ups & 25 Curl-ups _____
Thursday: Choice activity: _____ # min. _____	Thursday: Choice activity: _____ # min. _____
Friday: 20 Push-ups & 25 Curl-ups _____	Friday: 20 Push-ups & 25 Curl-ups _____
Guardian Signature: _____	Guardian Signature: _____

Choice Activity must be an exercise that raises heart rate, minimum time of 30 minutes. Suggestions: walking, jogging, biking, skating, inline skating, skateboarding, swimming, sports (basketball, soccer, hockey, etc.)

If you make a different choice, write it here. Make sure that your teacher approves it before you begin using the activity on your chart.

My Special Choice Activity is: _____