

YOUR NAME: _____

START DATE: _____

MY ACTIVITY TRACKER LOG










Get Up and Play for at least 1 Hour a Day!

EACH BLOCK = 10 MINUTES

STRIVE TO GET ALL 6 FOR 60 MINUTES A DAY!

TOTAL MINUTES

							
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							



MY ACTIVITY TRACKER LOG

DIRECTIONS: Have fun being active for at least 1 hour a day, more is even better. You can be active all at once like playing a game of soccer or basketball, or be active in shorter time blocks like walking your dog or running around at recess.

How to use your ACTIVITY TRACKER LOG:

Use your log to keep track of your activity throughout each week.

1. Print this Log and put on your refrigerator or in a place that's easy for you to see!
2. Track your progress by putting a check mark in each block for every 10 minutes you were physically active.
3. At the end of the day, add up your minutes and see if you made it to your goal of 60 minutes!

If you did, CONGRATULATIONS! If you didn't, make a plan for how to increase your activity for the next day!

Print out a new log for each week and compare your progress.

Have a contest with your whole family or your friends to see who can be more physically active!

**How to Use FoodPlay
"Get Up and Play!" Tracker Bands:**
Use your tracker bands to keep track of your activity throughout each day.

1. Each morning, put 6 Tracker Bands on your left wrist.
2. For every 10 minutes that you are physically active, move a band to your right wrist.
3. Let your bands remind you to get up and play throughout each day.
4. At the end of the day, track your progress on this Activity Tracker Log.

Get your Tracker Bands at: www.foodplay.com/shop

50 Fun Ways to Get Up and Play!

Anytime: Just get up and run around!

When you're alone or when you can't go outside:

- Have fun dancing
- Learn to juggle
- Follow an exercise video
- Hula hoop
- Jump rope
- Do Yoga
- Somersault
- Stretch

Clean up your room
Help do chores around the house

When watching TV or playing video games, get up and stretch, dance, or move every half hour.

Create a "Take a Break! Can" – write out fun ideas on little pieces of paper and keep in a can, so when you're bored, pick one out.

With friends:

- Make up a game
- Play outside
- Toss a ball around
- Soccer
- Volleyball
- Basketball
- Football
- Follow the Leader
- Hide and Seek
- Simon Says
- Red Rover, Red Rover
- Capture the Flag
- Freeze Tag

- Play Frisbee
- Visit a park
- Go ice skating
- Go rock climbing
- Visit a park
- Ice skating
- Rock climbing
- Take a fun activity class after school
- Go swimming
- Have a dance party
- Explore your neighborhood
- Go on a scavenger hunt

- Go for an adventure walk, try to spot 10 new things on each walk.
- Join a sports team
- Ride a bike
- Build a snowman

- With your family:**
- Instead of TV night, have a dance party
 - Plan a fun outing for the weekend
 - Go for a hike

- Explore your neighborhood
- Walk your dog
- Take a walk in the mall on a rainy day
- Go for an after dinner walk
- Go to a park or recreational center
- Join the Y or an afterschool program

- At School:**
- Be active in Phys Ed classes
 - Run around at recess
 - Walk or bike to school
 - Stretch between classes

It feels good. It gives me energy. It makes me strong. It makes me happy.
It relieves my stress. It helps me focus. It makes me smarter. It's just plain fun!

