

Name _____

Teacher _____

Check the box when you do an activity or exercises or write it down!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

This is an activity log. It is meant to encourage everyone to be more active. You may do any physical activities that you want. Please feel free to do them as a family and enjoy being active. You can do activities such as walking, sports, swimming, DDR, throwing and catching, hopscotch, jumping rope, hula hooping, walking the dog, playing any games that you enjoy. The possibilities are endless!!

Please enjoy -

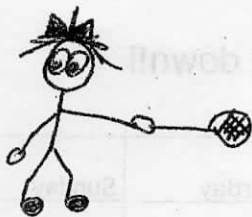
Mr. Dougovito

Please return them to Mr. Dougovito by the first week of May !!!

On the back are some examples for the students.

Students should be doing a minimum of 20-30 minutes activity 3 times a week.

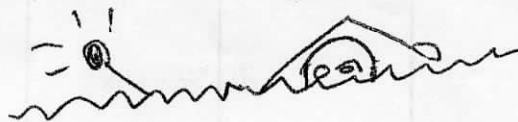
HERE ARE A FEW ACTIVITIES THAT YOU CAN DO!!!



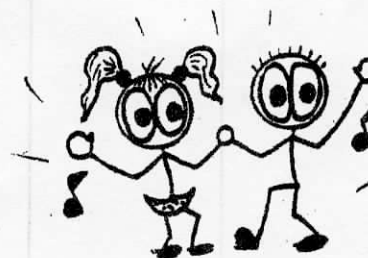
Tennis



Brisk walking



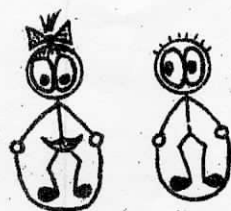
Swimming



Dancing



Dribbling



Jump Roping



Running



Hula hooping



Shooting



bent knee push ups



Passing



Throwing and catching



Sit ups or stomach crunches