

GRADE 3-5



NAME: _____

Class: _____

OF BOXES COMPLETED _____

PARENT SIGNATURE



Directions: Students fill out/complete boxes

Student's check each box when completed for credit. Parents Please sign Logs.

Pick 1 or 2 square to complete each day—no more than 2 boxes a day as we are promoting daily physical activity.

Choice boxes must be 20 minutes or more of large muscle physical activities (Cardio-respiratory Endurance), examples: sports practice, dance, bike ride, tag, mowing lawn, walking dog, physical therapy, family walks, Wii Fit, etc.

If there are things you already do, record them on your Fitness Log. If you are not very active—get moving.

If you are unable to do an assigned activity because of a disability, space, lack of equipment, etc. please replace it with a similar activity that you can do.

Grade Scale: 4 = Blackout (25 boxes) 3 = 20-24 boxes 2 = 11-19 boxes 1 = 5-10 boxes INCOMPLETE = Less than 5

<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Ride your bike Today for 20 mins.. Don't forget to wear your helmet</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Shopping task? Offer to carry all the bags today to build muscular strength and endurance</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>		
<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Daylight savings begins this month. Go for a power walk after dinner with your family</p> <input type="checkbox"/>	<p>Flexibility Downward Dog for 30 Secs.. Upward Dog for 30 Secs.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	
<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Did you know your body is over 70% water? Drink at least 6 glasses of water throughout the day.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>
<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>	<p>Choice Activity: _____ Time: 20 mins.</p> <input type="checkbox"/>

FITNESSES LOG

DUE: The end of each Month