Grades 3rd-5th

Total



Take Home #15 Track Your Physical Activity

Instructions: Cut out the *Fit4Kidz Characters* on the previous page. Each character represents 10 minutes of physical activity. Paste a character on the chart below for every 10 minutes of physical activity you do that day. Aim for 6 characters each day to get 60 minutes of physical activity on most days of the week!

			 	ιυιαι
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

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