



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!

							Total
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							