



Take Home #15 Track Your Physical Activity

Dear Parents,

Today we discussed the importance of getting at least 60 minutes of exercise each day. Physical activity helps children maintain a healthy weight, build strong bones and muscles, keep an active mind, develop physical coordination and stay happy! Encourage your children to get more physical activity by participating with them! We also ask that you help them in completing their *Track Your Physical Activity* worksheet that encourages them to track their physical activity this upcoming week. For every 10 minutes of exercise they can put a *Fit4Kids Character* under that day. The goal is to aim for 6 characters each day!

Here are some fun physical activities you and your child can do together!

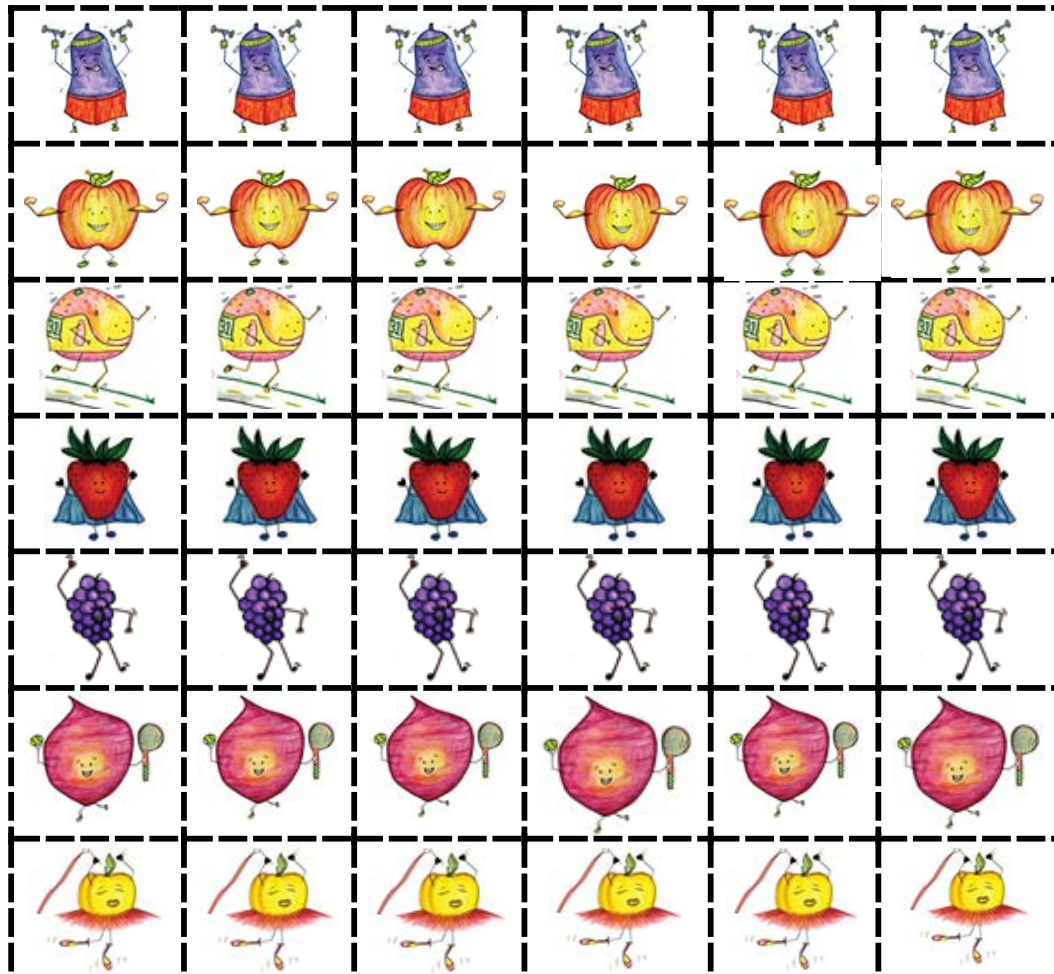
- Swimming
- Biking
- Running
- Soccer
- Basketball
- Baseball
- Softball
- Sledding
- Skiing
- Hiking
- Frisbee
- Rollerblading
- Ice skating
- Volleyball
- Walking
- Jump rope
- Yard work
- Tag
- Playing at the park
- Dancing
- Obstacle course
- Yoga
- Jumping jacks
- Hide and seek
- Wii games
- Hop on one foot

What's your favorite physical activity? _____



Take Home #15 Fit4Kidz Characters

Instructions: Cut out the *Fit4Kidz* Characters below. Each character represents 10 minutes of physical activity. Paste a character on your *Track Your Physical Activity* chart 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!





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							