

fitness log

name: _____

dates: _____

ACTIVITY	TIME	DID YOU VISIT MRS. STEVENS'S WEBSITE	HOW DO YOU FEEL TODAY?	WATER BREAKS	FRUIT or VEGGIE
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Eat atleast 2-5 fruits and veggies a day. Fruits and veggies each day keeps the doctor away!

monday	*Walked the dog *Played Plate Flip Fitness *Practiced basket shooting *Played outside	*10mins. *5mins. *10mins. *45mins.	<input checked="" type="radio"/> YES <input type="radio"/> NO what did you look at/do? <u>watched plate flip fitness</u>	 		*oranges *broccoli
tuesday	*Walked the dog *Played Bomb the Pin *Rode my bike *Played outside with my brother	*10mins. *10mins. *20mins. *30mins.	<input checked="" type="radio"/> YES <input type="radio"/> NO what did you look at/do? <u>watched bomb the pin for home</u>	 		*apple *pineapple *brussel sprouts
wednesday	*Did Wake Up & Wiggle with Mrs. Stevens *Walked the dog *Ran the obstacle course *Played catch with Dad	*20mins. *10mins. *10mins. *20mins.	<input checked="" type="radio"/> YES <input type="radio"/> NO what did you look at/do? <u>watched wake up & wiggle</u>	 		*grapes *carrots
thursday	↑ List your physical activities for the day	↑ How long did you perform each activity? Make a goal of 60 minutes a day!	<input type="radio"/> YES <input type="radio"/> NO what did you look at/do? _____	 		Record your water breaks. Make a goal of 8 water breaks
friday			<input type="radio"/> YES <input type="radio"/> NO what did you look at/do? _____	 		daily for good hydration! Do your best!
saturday			<input type="radio"/> YES <input type="radio"/> NO what did you look at/do? _____	 		daily for good hydration! Do your best!
sunday			<input type="radio"/> YES <input type="radio"/> NO what did you look at/do? _____	 		daily for good hydration! Do your best!

Try to visit Mrs. Stevens's website every day for something new!

How do you feel? Share with your family each day! What changes do you need to make for a 😊?