

Dear parents,

During our time away from school, keeping active is extremely important both for our physical and mental well being. Please have students keep track of their physical activity each day and sign to confirm that they have done the activity. Students should do a minimum of 40 minutes per day. Please try and do something outside everyday whenever possible.

Week of:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week #1 |  Activity #1 |  Activity #2 |  Activity #3 | Total Time | Parent Initials |
| Example | Walk with family (20min) | Cha-Cha slide (5 min) | Fitness Monopoly (15 min) | 40 |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
|  Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |

Week of:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week #2 |  Activity #1 |  Activity #2 |  Activity #3 | Total Time | Parent Initials |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
|  Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |