

Fit Kid Activity Chart

Fit kids strive to be physically active at least 60 minutes every day.

All types of physical activity can count towards your 60 minutes. Riding your bike, walking to school, jumping rope, playing basketball or dancing are examples of physical activities that help keep your body strong and healthy. Use this chart to track your physical activity for one week and see if you can meet the goal of being physically active 60 minutes or more of physical activity every day.

Day	List all activities and total minutes for each activity.	Total Minutes
<i>EXAMPLE</i>	<i>Walked to school (10 minutes), rode bike (20 minutes), played soccer (40 minutes)</i>	<i>70 minutes</i>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

How'd you do?

If you logged at least 60 minutes of physical activity every day this week, CONGRATULATIONS! You're a SUPER FIT KID!

If you logged at least 60 minutes of physical activity 5-6 days this week, CONGRATULATIONS! You're a FIT KID!

If you logged at least 60 minutes of physical activity 3-4 days this week, GREAT JOB! You're on your way to becoming a FIT KID!

If you logged at least 60 minutes of physical activity 1-2 days this week, TRY TO FIND MORE FUN PHYSICAL ACTIVITIES YOU CAN DO NEXT WEEK!