

ACTIVE FOR LIFE

Activity & Skills Log

Kids! Record the number of minutes you were active doing these skills every day. Add up your total minutes each day. Can you get to 90?

Activity	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Outdoor play							
Climb a tree							
Hopscotch							
Jump rope							
Walk a tightrope							
Bike to school							
Ride a scooter							
Walk to school							
Run							
Hike							
Snow-shoeing							
Sledding							
Cross-country skiing							
Skiing							
Skating							
Practice throwing							
Practice kicking							
Dribble a ball							
Dance party							
Dance class							
Swim							
Basketball							
Hockey							
Martial arts							
TOTAL							

