

me: _____

Fitness Logs

Write down the number of minutes you were doing these skills every day! Add up your total minutes each day.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Outdoor Play					
Go for Walk					
Run Around					
Hike					
Play in Park					
Ride Bike/Scooter					
Play a Sport					
Jump Rope					
Play with Friends					
Dance Party					
Stretch Your Body					
Practice Throwing					
Practice Kicking					
TOTAL					

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