

Governor's Challenge Weekly Activity Log

Student Name: _____

Date: _____

Directions: Record the days you were active this week for at least 30 minutes per day in the space below. Then have your parent or guardian initial this page.

Example: Being active can be many different things! For example – swimming lessons, a bike ride, soccer practice, jump rope, surfing and basketball are a few ways that you can be active.

***I WAS ACTIVE FOR AT LEAST 30 MINUTES
ON THESE DAYS:***

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

Parent/Guardian Initials: _____

***PLEASE RETURN TO YOUR TEACHER EACH
FRIDAY THROUGH JUNE 2009***

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