

Month: _____

Physical Activity Log

Patient name _____

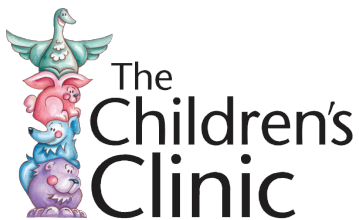
Parent name _____

Signature _____

Be active **60 minutes** or more at least **15 days** per month. Write down your activity or color in the boxes for the days you are physically active for at least 60 minutes. **Get Out and Play, Every Day!**

www.healthyfuturesak.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Turn completed logs in by the 8th of each month to be entered into a drawing! Past prizes have been entry passes to Get Air, Rock Gym and the Alaska Zoo.