

*Tip~*

Get more steps at school!

- ☆ Start a walking club at recess. It's a good time to catch up with friends.
- ☆ During recess, play kickball or jump rope.



# Activity Log

Name: \_\_\_\_\_

|                    | Mon | Tues | Wed | Thurs | Fri | Sat | Sun                     | Total Steps |
|--------------------|-----|------|-----|-------|-----|-----|-------------------------|-------------|
| Week 1<br>April 19 |     |      |     |       |     |     |                         |             |
| Week 2<br>April 26 |     |      |     |       |     |     |                         |             |
| Week 3<br>May 3    |     |      |     |       |     |     |                         |             |
| Week 4<br>May 10   |     |      |     |       |     |     |                         |             |
|                    |     |      |     |       |     |     | <b>Grand Step Total</b> |             |



**Don't forget to turn this log sheet in to your Teacher each week.**

*Tip~*

Get more steps at school!

- ☆ Run or walk around the playground at recess.
- ☆ Try to do 2 laps!
- ☆ Play tag with your friends!