



# Lift-Off!'s Get Into The Game Activity Chart

It is estimated that children and teenagers should be physically active for about 60 minutes each day to keep fit and healthy. If you think about it, that's not that much! You probably complete an hour of physical activity each day and don't even realize it! That's because there are all sorts of things to do each day to get moving. Walking to school, playing soccer or basketball, and even jumping rope can help you get at least one hour of exercise each day. Use this chart to track your daily exercise habits and see if you meet (or exceed) the goal.

Day	List all activities and total minutes for each	Total
Example	Walked to school (10 minutes), soccer practice (60 minutes), bike ride (20 minutes)	90 minutes!
MON.		
TUES.		
WED.		
THURS.		
FRI.		
SAT.		
SUN.		

## Results:

**How many days this week were you physically active for at least 60 minutes?**

**7 days** - CONGRATULATIONS! YOU ARE A FITNESS SUPERSTAR!! Keep up the good work and give yourself a pat on the back!

**5-6 days** - WOW! YOU ARE ONE FIT KID! You are doing great!

**3-4 days** - KEEP IT UP! YOU ARE ON YOUR WAY TO STARDOM... Don't stop now! Try doing fifteen more minutes of exercise each day to help you reach your goal.

**1-2 days** - Try a little bit harder to be active. Join a sport, walk your dog, or ride your bike each day to reach your goal. Use some of the suggestions below to hit your mark.

## Activities you can do each day:

Ride a Bike, Soccer, Cheerleading, Running, Go Hiking, Swim, Jump Rope, Hopscotch, Volleyball, Walk the Dog, Basketball, KickBall, Play Tag, Dance, Football, Roller Skating