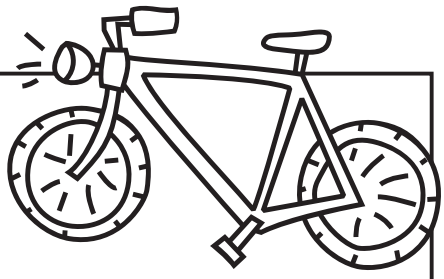
Name _____ Today is _____

My Activity Journal

When I am physically active, I feel great. On the move, alone or with a playmate.
My body needs exercise, this I know. Just sixty minutes each day, on the go.
Exercise helps increase my strength, it's true, to manage my weight and be alert too.
It's better to hike, bike, swim, walk or run. Less TV time is best for everyone!



I tried my best to be active today.
Now I'll see if what I did was okay!

List all the physical activities you did today and how long you did them.
Include sports, playing with friends, riding a bike, running, exercise, walking to school or walking the dog.

Activity	How Long?
Total Activity Time	

I also watched TV, played computer or video games for _____ minutes.

Do you think you got enough exercise? ____ Yes ____ No

What could you have done to get more exercise? _____

_____

STUDENT Well-Being
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