1. **Enter the number of minutes of moderate to vigorous activity you do each day.**
2. **Try the listed activities, and add your own!** Think about how much time you are really active and not waiting around for an activity to start.
3. **Add up your total minutes at the end of the day.**
4. **It is recommended to get at least 60 minutes of moderate to vigorous physical activity each day.** These include muscle and bone strengthening activities, and aerobic activities. Talk to your parent/guardian about which activities are best for you. And don't worry if you don't meet 60 minutes every day. We all have those days. Do the best you can :)
5. **Being active strengthens your body and mind.** Have fun being Active4Alexandra. And active for yourself!

# #Active4Alexandra

# Physical Activity Tracker

Alexandra's Playground
alexandrasplayground.org

Name _____ Teacher / Class _____ Month _____

| ACTIVITY : DAY OF MONTH | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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| BIKING | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CLIMBING STAIRS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DANCING | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| JUMPING jump rope hopscotch | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PHYS. ED. CLASS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PLAYGROUND / RECESS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| RUNNING | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPORTS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WALKING | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| WEIGHTS EXERCISE BANDS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| YOGA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **TOTAL DAILY MINUTES** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |