

Free Activity Tracker Logs: www.foodplay.com/kidzone

"Get Up and Play!" Tracker Bands and other fun stuff at: www.foodplay.com/shop



MY ACTIVITY TRACKER LOG

DIRECTIONS: Have fun being active for at least 1 hour a day, more is even better. You can be active all at once like playing a game of soccer or basketball, or be active in shorter time blocks like walking your dog or running around at recess.

How to use your ACTIVITY TRACKER LOG:

Use your log to keep track of your activity throughout each week.

- I. Print this Log and put on your refrigerator or in a place that's easy for you to see!
- 2. Track your progress by putting a check mark in each block for every 10 minutes you were physically active.
- 3. At the end of the day, add up your minutes and see if you made it to your goal of 60 minutes!

If you did, CONGRATULATIONS! If you didn't, make a plan for how to increase your activity for the next day!

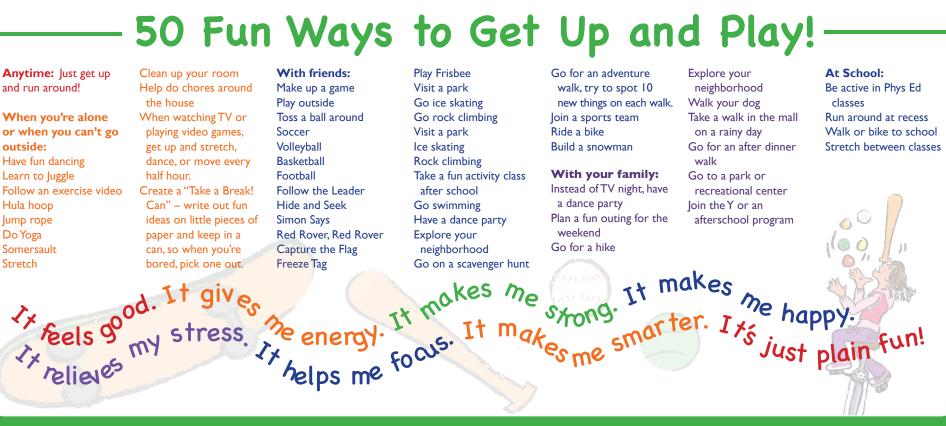
Print out a new log for each week and compare your progress. Have a contest with your whole family or your friends to see who can be more physically active!

How to Use FoodPlay "Get Up and Play!" Tracker Bands:

Use your tracker bands to keep track of your activity throughout each day.

- 1. Each morning, put 6 Tracker Bands on your left wrist.
- 2. For every 10 minutes that you are physically active, move a band to your right wrist.
- 3. Let your bands remind you to get up and play throughout each day.
- 4. At the end of the day, track your progress on this Activity Tracker Log.

Get your Tracker Bands at: www.foodplay.com/shop



Let us know how you did! Email: info@foodplay.com

For more food fun, recipes, and tips, visit us at: www.foodplay.com