

Month: NOVEMBER

Physical Activity Log

Student name > _____

Teacher > _____

* Parent signature > _____

Be active 60 minutes or more at least 15 days per month. Write down your activity (or create a code)* for the days you are physically active for at least 60 minutes. Get Out and Play, Every Day!

LOG #3

Sunday 1	Monday 2	Tuesday 3 Election Day	Wednesday 4	Thursday 5	Friday 6	Saturday 7 Reflection Log
Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12 Veterans' Day	Friday 13	Saturday 14 Reflection Log
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21 Reflection Log
Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26 Thanks-giving	Friday 27	Saturday 28 Reflection Log
Sunday 29	Monday 30	Tuesday	<p>This is the end of the Fall Challenge! CONGRATULATIONS! Bring your Logs to school. <u>YOU DID IT!</u> ♡ 😊 ♡ 😊</p>			



* P.E. = Physical Education Class (45 min)
* R = Recess (30 min)

* Bike = Riding your bicycle
* Sled = Sledding in winter

create your own code!

www.healthyfuturesak.org

Get out and play. Every day!

Take a walk with your kids and teach them the animal prints in the snow.

Take the Healthy Futures Challenge!

Go swimming.

Strap on your skis or snowshoes and get moving.

Bundle up and go sledding.

Hula Hoop.

Go fishing and berry picking.

Bury some goodies in the snow in a cooler and send your kids on a treasure hunt.

Skip rocks.

Build a snowman.

Rake leaves and jump in!

Go fly a kite.

Make a snow angel, or two, or three.

Toss or kick a hackey sack!

Ice skate at a local rink.

Kick a soccer ball.

Jump rope!

Dance, dance, dance!

Take a walk and learn how to identify Alaska's beautiful wildflowers.

Walk your dog.

Build a fort out of snow blocks.

Play tag while staying in your tracks in the snow.

Play a friendly game of hockey in your driveway, or head to a rink.

Invite your kids to join you while you do your workout or exercise video.

Play basketball.

Roller skate.

Pretend you are an Arctic explorer and make some important outdoor discoveries.

Race your kids to your favorite park.

Race to see who can get dressed in snow gear first!

Go bowling or roller skating.

Toss a Frisbee, football, or baseball.

Participate in Healthy Futures events.

Go ice fishing.

Make winter chores fun. Shovel the driveway as a family.

Hike.

Strap on your helmets and go for a bike ride.

Play hide and seek.

Go on a nature walk.

Create an indoor treasure hunt.

Take your kids jogging and challenge them to a race.

Create an obstacle course.



www.healthyfuturesak.org/ Need activity ideas? Go to www.playeveryday.alaska.gov



Student: _____

Teacher: _____

(Check box if you filled in 3 or more boxes this week)

November, Week #1

You can answer these questions in writing, or you may draw a picture that answers the questions below.

1. How were you active this week?
2. How did it make you feel?
3. Who did you do it with?



Student: _____

Teacher: _____

(Check box if you filled in 3 or more boxes this week)

November, Week #2

You can answer these questions in writing, or you may draw a picture that answers the questions below.

1. How were you active this week?
2. How did it make you feel?
3. Who did you do it with?



Student: _____

Teacher: _____

(Check box if you filled in 3 or more boxes this week)

November, Week #3

You can answer these questions in writing, or you may draw a picture that answers the questions below.

1. How were you active this week?
2. How did it make you feel?
3. Who did you do it with?



Student: _____

Teacher: _____

(Check box if you filled in 3 or more boxes this week)

November, Week #4

You can answer these questions in writing, or you may draw a picture that answers the questions below.

1. How were you active this week?
2. How did it make you feel?
3. Who did you do it with?

