

Dear parents,

During our time away from school, keeping active is extremely important both for our physical and mental well being. Please have students keep track of their physical activity each day and sign to confirm that they have done the activity. If you don’t have access to a printer, or the ability to sign electronically, then we are asking parents to email us the activity log in word to confirm the activity was completed. Students should do a minimum of 30 minutes per day, 4 – 7 days of the week. Please try and do something outside everyday whenever possible.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- |
| Week #1 |  Activity #1 |  Activity #2 |  Activity #3 | Total Time | Parent Initials |
| Example | Walk with family (20min) | Cha-Cha slide (5 min) | HITT workout (15 min) | 40 |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
|  Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |
| Sunday |  |  |  |  |  |