



# ACTIVITY TRACKER

If you're between age 6 and 17, you need at least 60 minutes of activity each day. Get active every day — and feel great!

Use this daily tracker to track your physical activity. Fill in the thermometer for every 10 minutes of movement you do during the day!

Be sure to get a mixture of activities. Do things that: strengthen your bones, build your muscles, and make your heartbeat faster. Be sure to write down what you did.

**Examples:**

**Before school:** Start the day off right! There are lots of quick ways to fit in a little activity before school.

1. **Walk the dog.**
2. **Dance around to your favorite song.**
3. **Stretch.**

**After school:** When the school day ends, let the games begin! Use your after-school energy to get active with friends, siblings, teams, or on your own.

1. **Walk or bike home from school.**
2. **Play a team sport like soccer or basketball.**
3. **Chores count too! Help around the house by washing the car, cleaning your room, or raking leaves in the yard.**

**Evening:** As the day winds down, try to find a few minutes to get active as a family.

1. **Take a walk before or after dinner .**
2. **Turn commercial breaks into fitness challenges when you're watching tv; how many push-ups can you get?**
3. **Start a family dance party.**



Activity

Minutes

60

50

40

30

20

10

0