

P.E.

Monthly Activity Log

Name: _____ Homeroom: _____

Directions: Write the activity or color in the box if you complete your 60 minutes of daily activity.

Grades K-5



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

****Students should get 60 minutes of physical activity everyday****

Activity ideas:

- Swimming
- Running
- Biking
- Playing tag
- Playing catch
- Jumping Rope
- Skateboarding
- Playing basketball
- Dribbling
- Dancing
- Sledding
- Walking the dog
- Playing hopscotch
- Skating
- Kicking a ball
- Soccer
- Hiking
- Riding your scooter
- Jumping on the trampoline
- Mowing the grass

Grades 3-5 My Plate Healthy Eating Log

Directions: For each meal, check or color the box if you ate the food group. You can have up to 3 checks in each box. Complete for 1 week.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits							
Vegetables							
Grains							
Protein							
Dairy							