

Physical Activity

Tips to stay active!

Child's Name: _____

Other Goal: _____

Cross off the boxes you did today.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I will help out with chores around the house							
I will do 15 minute blocks of activity four times a day							
I will wear a pedometer and track my footsteps							
I will try a new activity each week							
Other Goal							

You're a Star! Give yourself a star each day you meet your goal.

Steps Taken or Activity Done.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I took this many steps today:							
How did you move your feet today?							

Way to Go! Color the feet each day you meet your 'Move your feet' goal.