

## Winter Activity Log

Name \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Parent Signature \_\_\_\_\_

### **DIRECTIONS:**

Write down all the different physical activities your family participates in during the month of \_\_\_\_\_.

Challenge each family member to choose at least two different physical activities. See how creative you can be. Remember walking, running, playing tag, throwing a ball, jump rope, vacuuming, winter activities, and/or playing at the park are all examples of physical activities that count! Try to be active for at least 10 minutes at a time.

Remember to be creative and set a goal for your family to be active at least 60 minutes a day. See how many different activities your family can do during this logging challenge!

Bring your completed log back to school on \_\_\_\_\_, \_\_\_\_\_.  
(Day) (date)

Please return your signed log to \_\_\_\_\_.  
(location/teacher)

Record your activities below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Review Questions:**

1. How many different types of activities did you participate in over the challenge?  
\_\_\_\_\_ (total number)?

2. Who participated with you during the challenge?

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3. Which activity was your favorite and why?

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4. Which activity was the easiest?

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5. Which activity was the most difficult?

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**PARENT NOTE:**

Children and adolescents need to get 60 or more minutes of physical activity each day. This should include a combination of moderate-intensity aerobic activity, such as brisk walking, and vigorous-intensity activity, such as running. Activities that increase the heart rate, making conversations difficult while moving, are considered to be moderate to vigorous physical activities. Be sure to include vigorous-intensity aerobic activity on at least three days per week.

Another way for you to determine if you are getting the U.S. Surgeon General's recommendation for daily physical activity is to strive for at least 10,000 steps a day!

For more information on physical activity recommendations please visit [www.CDC.gov](http://www.CDC.gov)