

Fitness Stars Activity Log

Parent Signature: _____

Student Name: _____ Grade: _____ Teacher: _____ Date: _____

TURN IN YOUR ACTIVITY LOG AS OFTEN AS YOU WANT TO EARN A TOE TOKEN FOR EVERY FIVE (5) HOURS OF EXERCISE.

What kinds of physical activity did you do?

Circle those activities you did this week.

- | | | | | |
|-------------------|------------|--------------------|------------------|------------------------|
| Playing outside | Bowling | Housekeeping | Raking/gardening | Swimming |
| Bike riding | Dancing | Karate/Tae Kwon Do | Shoveling snow | Tennis |
| Baseball/softball | Football | Jumping rope | Skating | Walking/hiking/jogging |
| Basketball | Gymnastics | P.E. class | Soccer | Other: _____ |

How many hours of activity did you get?

Color in a box for every ten minutes of physical activity.

						When you've finished coloring in the row, you have completed this many hours of activity:
10 minutes	20 minutes	30 minutes	40 minutes	50 minutes	60 minutes	
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	1 hour
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	2 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	3 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	4 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	5 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	6 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	7 hours

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Parent Signature: _____

						When you've finished coloring in the row, you have completed this many hours of activity:
10 minutes	20 minutes	30 minutes	40 minutes	50 minutes	60 minutes	
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	8 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	9 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	11 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	12 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	13 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	14 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	15 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	16 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	17 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	18 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	19 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	20 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	21 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	22 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	23 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	24 hours
10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	10 minutes	25 hours

Return completed forms to your child's teacher in his/her folder. For additional forms, go to <http://www.rhpspta.org/>, send a written request to your child's teacher or to "PTA - Fitness Stars" via backpack mail.