



Name: _____

Date: _____

Have Fun for 1!

Instructions: Use this chart so you can keep track of every day you get at least 1 hour of physical activity this summer. Keep the chart where you can use it as a reminder to keep moving, like on the fridge or in your bedroom. Ask a family member or friend to join you. When you reach that daily goal, fill in a circle. If you have seven filled-in circles at the end of each week, reward yourself with a special healthy treat, a family outing, a new book, anything that's healthy and makes you feel good!

I was active for at least 1 hour these days:

Week 1:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 5:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 6:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 7:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 8:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Circle some of the active things you'll do this summer, and add some of your own:

swim	skateboard	volleyball	ballet
play tag	go for a walk	tennis	_____
ride a bike	walk the dog	exercise video games	_____
run	hula hoop	football	_____
walk	capture the flag	flashlight tag	_____
skip	kickball	hide-and-peek	_____
jog	street hockey	baseball or softball	_____
have a dance contest	soccer	gardening	_____
shoot hoops	Frisbee	hopscotch	_____
rollerskate	make an obstacle course	jumping rope	_____