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:

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

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