

Name _____

Class _____ Month _____

Monthly Activity Log

Record the date and your total number of minutes of physical activity or steps (using a pedometer) each day of the month. If you know you achieved your goal of moderate to vigorous physical activity (MVPA) for the day, insert a star (☆). (Place the date in the small space in the upper left of each box.)

My daily steps/minutes goal is ____/____.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total steps or minutes per week
<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>
<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>
<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>
<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>
<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>
<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>	<div>Steps</div> <div>Minutes</div>

Monthly total: _____ (steps)
 _____ (minutes)

10K a Day Is the Only Way!

Children and adolescents need 60 minutes or more of physical activity—a combination of moderate-intensity aerobic activity (brisk walking) and vigorous-intensity activity (running)—each day. Activities that increase the heart rate and make conversations difficult are considered moderate to vigorous. 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 60 minutes of physical activity a day or at least 10,000 steps a day!

From The Cooper Institute, 2017, *FitnessGram Administration Manual: The Journey to MyHealthyZone*, 5th ed. (Champaign, IL: Human Kinetics).