GOVERNORS CHALLENGE
ACTIVITY LOG

Print Name _____Grade_____ DUE: 11/30/09

Procedures:
Record your physical activity each time you exercise. Students must be active 30-60 minutes a day at least 3 days a week for 28 days in addition to the physical activity they engage in as part of their school's regularly scheduled physical education classes. **YES**, they may use their recess and lunchtime minutes if they are physically active during that time. All activities should be moderate to high intensity level (K-3 no need to mark).

EXAMPLE

Activity	Intensity	Frequency and Time							Student Signature
		Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
Walking the dog	Moderate	30	45		30	30	45		*Pat Freitas*
Soccer practice	High	60		60					*Pat Freitas*
Bicycle Riding	Mod-High							90	*Pat Freitas*
Soccer Game	High						60		*Pat Freitas*

Week of 11/16-11/22

Activity	Intensity	Frequency and Time							Student Signature
		Mon	Tues	Weds	Thurs	Fri	Sat	Sun	

Week of 11/23 – 11/29

Activity	Intensity	Frequency and Time							Student Signature
		Mon	Tues	Weds	Thurs	Fri	Sat	Sun	

GOVERNORS CHALLENGE
ACTIVITY LOG

Print Name _____Grade_____ DUE: 12/14/09

Procedures:
Record your physical activity each time you exercise. Students must be active 30-60 minutes a day at least 3 days a week for 28 days in addition to the physical activity they engage in as part of their school's regularly scheduled physical education classes. **YES**, they may use their recess and lunchtime minutes if they are physically active during that time. All activities should be moderate to high intensity level (K-3 no need to mark).

EXAMPLE

Activity	Intensity	Frequency and Time							Student Signature
		Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
Walking the dog	Moderate	30	45		30	30	45		*Pat Freitas*
Soccer practice	High	60		60					*Pat Freitas*
Bicycle Riding	Mod-High							90	*Pat Freitas*
Soccer Game	High						60		*Pat Freitas*

Week of 11/30-12/6

Activity	Intensity	Frequency and Time							Student Signature
		Mon	Tues	Weds	Thurs	Fri	Sat	Sun	

Week of 12/7 – 12/13

Activity	Intensity	Frequency and Time							Student Signature
		Mon	Tues	Weds	Thurs	Fri	Sat	Sun	