

Name - \_\_\_\_\_

Week of: \_\_\_\_\_

### HAVE YOU MOVED YOUR BODY TODAY?

Please fill in the chart from Monday to Friday indicating the type of physical activity you have done for the day, as well as the duration or length of time you were doing the activity. This will be due on the following Monday.

Date – Month/Day	Activity Description (what did you do?)	Duration or length of time (9:30-10:00AM = 30 min.)
Monday:		
Tuesday:		
Wednesday:		
Thursday:		
Friday:		

**Ideas:**

- PE activity
- Walking to and from school
- Yoga
- Just Dance (you can youtube “Just Dance” followed by a title of a song you like, then try and follow the moves. After a couple of songs you’ll be sweating.)
- Strength training
- Workout for kids
- Workout 2
- Go Noodle
- Riding a bike, walking around your neighbourhood, shooting hoops, playing soccer, etc.