**ACTIVITY RECORD**

**Come Out and Play!**

**PHYSICAL ACTIVITY** → **FITNESS** → **HEALTH**

**MY STEPS**

**NEEDED DAILY**

**COUNTING STEPS...**

**GETTING FIT...**

**HAVING FUN!**

**NAME**

**WEEK:** 1 2 3 4 5 6 7 8

**FAMILIES - BE ACTIVE TOGETHER!**

Family Challenge! (Record individual family member steps in the clouds below.)

**My step goal:**

- **MONDAY**
- **TUESDAY**
- **WEDNESDAY**
- **THURSDAY**
- **FRIDAY**

**PLACE STICKER HERE**

**Add other physical activities here:**

- **Aerobic Activities for Strong Hearts**
  - **EACH DAY**
- **Activities for Strong Muscles**
  - **3 TIMES A WEEK**
- **Activities for Strong Bones**
  - **3 TIMES A WEEK**

**Watch for this week’s**

**FAMILY QUEST**

**COME OUTSIDE... ENJOY NATURE... AT YOUR LOCAL PARK OR TRAIL**

**We had FUN on this Quest!**