Get active a total of 60 minutes a day -- just about every day! You can do it 10 or 20 minutes at a time!

MONTH: ___________ MY FITNESS RECORD

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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</thead>
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Movin' and Groovin'
Get active a total of 60 minutes a day -- just about every day!

Get Sporty!
- Swim
- Walk
- Kick or Throw
- Shoot Hoops
- Run
- Skate
- Jump Rope
- Golf
- Play Tennis
- Skateboard
- Bike Fast
- Do Martial Arts

Be Active!
- Cut the Yard
- Rake Leaves
- Vacuum
- Walk the Dog
- Dance
- Play Chase
- Wash the Car
- Play Chase
- Use the Stairs
- Pick Up Your Stuff