**K-5 Physical Activity Log**

Use this activity log to track your physical activity minutes during our distance learning time. Have an adult initial next to each day that you complete. Please designate at least three different times during the day for physical activity. We recommend that any outside activities take place in your own yard, as it is recommended you practice social distancing during this time. Walking with family will provide you with time to exercise and spend time together as a family. Walk around your neighborhood, street, or around your house/yard. If you are unable to get outside to walk, choose an activity from the alternate activities list provided. The type of physical activity doesn’t matter, the goal is to get 60 minutes of activity each day. Send photos or videos of yourself exercising so we can post them to our website and social media sites!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Activity 1 | Activity 2 | Activity 3 | Total Activity | Initials |
| Sample | DEAM Calendar Challenge 15 min | Outside Activity30 min | Walk with Family15 min. | 60 min | CO |
| 3/30 |  |  |  |  |  |
| 3/31 |  |  |  |  |  |
| 4/1 |  |  |  |  |  |
| 4/2 |  |  |  |  |  |
| 4/3 |  |  |  |  |  |
| 4/4 |  |  |  |  |  |
| 4/5 |  |  |  |  |  |
| 4/14 |  |  |  |  |  |
| 4/15 |  |  |  |  |  |
| 4/16 |  |  |  |  |  |
| 4/17 |  |  |  |  |  |
| 4/18 |  |  |  |  |  |
| 4/19 |  |  |  |  |  |
| 4/20 |  |  |  |  |  |
| 4/21 |  |  |  |  |  |
| 4/22 |  |  |  |  |  |
| 4/23 |  |  |  |  |  |
| 4/24 |  |  |  |  |  |
| 4/25 |  |  |  |  |  |
| 4/26 |  |  |  |  |  |
| 4/27 |  |  |  |  |  |
| 4/28 |  |  |  |  |  |
| 4/29 |  |  |  |  |  |
| 4/30 |  |  |  |  |  |

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;you were bought at a price. Therefore, honor God with your bodies.

– 1 Corinthians 6:19-20