



2010 Student Activity Log

Please check the box each day that you exercise 45 minutes or more. Reduce your "screen time" the week of February 7 - 13.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Choose One: <input type="checkbox"/> Challenge t-shirt (circle shirt size): YS (6-8) YM (10-12) YL (14-16) AS AM AL AXL <input type="checkbox"/> Drawstring backpack Parent Signature _____	Feb 1 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 2 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 3 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 4 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 5 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 6 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more
Feb 7 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> Screen: 1-1/2 hrs or less	Feb 8 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks <input type="checkbox"/> Screen: 1-1/2 hrs or less	Feb 9 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks <input type="checkbox"/> Screen: 1-1/2 hrs or less	Feb 10 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks <input type="checkbox"/> Screen: 1-1/2 hrs or less	Feb 11 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks <input type="checkbox"/> Screen: 1-1/2 hrs or less	Feb 12 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks <input type="checkbox"/> Screen: 1-1/2 hrs or less	Feb 13 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> Screen: 1-1/2 hrs or less
Feb 14 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more	Feb 15 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 16 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 17 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 18 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 19 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 20 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more
Feb 21 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more	Feb 22 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 23 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 24 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 25 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 26 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more <input type="checkbox"/> 10 min classroom activity breaks	Feb 27 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more
Feb 28 Activities: _____ _____ _____ <input type="checkbox"/> Activity 45 min or more	Name: _____ (First and Last) Teacher: _____ School: _____		Total number of days you were active 45 minutes or more _____ I completed the 7 day reduced "screen time" challenge, Feb. 7 - 13. _____ # of classroom activity breaks _____		During the "Challenge," did you: _____ get more exercise than usual? _____ get about the same exercise as usual? _____ get less exercise than usual?	

Reminder: Turn in signed activity log to the office by Thursday, March 4! Your log must be complete to receive credit.



2010



Take the Challenge!



What is it?

The **The Fit.Teen Schools on the Move Challenge** is a program to help increase the amount of exercise students, teachers and school staff get each day and each week. Research shows that daily exercise (at least 60 minutes most days) helps reduce the risk of health problems, helps kids to get better grades, to focus in class, and to have better memory skills. Join the Challenge to stay active and win prizes for you and your school!

1 Challenge Rules

The Challenge runs February 1 – February 28, 2010

2 Keep track of your daily physical activity, NOT INCLUDING REGULARLY SCHEDULED P.E. Your goal is to get at least 45 minutes of extra physical activity every school day and even more on the weekends. Record your activities and check the box each day you get 45 minutes or more. You can include extra school day activity breaks that your class participates in! Encourage your teachers to include activity breaks each day!

3 Classroom Activity Break Challenge
Classroom teachers who add 12 or more 10 minute activity breaks during the month of February will be entered into a drawing for 10-\$50 gift cards for The Promenade Shops at Centerra.

4 Add up the total number of days you got at least 45 minutes of activity. Turn your log in to the office by **Thursday, March 4.**

5 Get your choice of a free Challenge t-shirt or drawstring backpack in April!

6 **Questions?** Contact your P.E. teacher or call Laurie Zenner at 495-7511 or email lhz@pvhs.org

Prizes

- Get a Schools on the Move Challenge t-shirt by turning in your completed activity log by March 4.
- The top five schools with the highest percentage of participants will receive \$1,000, \$750, \$500, \$250, or \$250, respectively, to spend on P.E. equipment and/or approved school wellness initiatives.
- The top five schools with the highest percentage of kids active at least 45 minutes every school day will receive \$1,000, \$750, \$500, \$250, or \$250, respectively, to spend on P.E. equipment and/or approved school wellness initiatives.
- Schools with the highest percentage of teacher/staff participants will receive a catered lunch for each participant.

