

MY WEEK

Activity time (minutes)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
60							
45							
30							
20							
10							
5							

Let's Move... Together!

Physical activity is important for everyone's health.

There are many ways to be active together with your kids during the week, even when you only have a few free minutes.

Use the other side of this sheet to track the amount of physical activity you do during the week.

The activities below are ideas of active things you can do together.

Every movement counts!

If you have 5 minutes...

- Challenge your child to a push-up contest!
- See who can touch their toes. Try, try again!
- Show your child how to use a wall to stretch

If you have 10 minutes...

- Go to the kitchen and use kitchen objects, like cans and jars, to do bicep curls together
- Jump in place for as long as you can... then rest two minutes and do it again!
- Dance around the house

If you have 15 minutes or more...

- Get outside!
- Go for a walk and point out different birds, trees, cloud shapes, or cars
- Kick a soccer ball
- Throw a baseball or Frisbee
- Race your kids to the top of a hill
- Sit on the ground and help each other stretch
- See who can do the most squats
- Walk to meet friends in the park