SCHOOLS vs CANCER

Classroom Physical Activity Tracker

Teacher: _____

Month: _____ **Week:** _____

Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

The American Cancer Society recommends that kids get at least 60 minutes of moderate to vigorous physical activity 5 or more days a week. Each week for a month, have your students record how they are physically active each day. Remember that all sorts of activities count — walking the dog, mowing the lawn, raking leaves, shoveling snow, going for a walk. Being active isn't just about playing sports!

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