



## b. weekly log for students and families

You can track your progress in lots of ways, working with your classroom volunteer, by team, or by yourself or with your family.

Use the first log to keep track of your own activity for the week. Make sure you hand it in every week so all your hard work won't go to waste! The second chart can keep track of all the activities you do together with you family.

Student Activity Log		
<School Name>		
Name:		
Date (week ending):		
	steps/minutes	miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Total</b>		

Family Activity Log		
<School Name>		
Student name:		
Date (week ending):		
	steps/minutes	miles
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Total</b>		

2,000 steps = approximately 1 mile  
 30 minutes = 2 miles