

# Get Active with the



# Challenge

**1. Try It!**

Boost your physical activity by at least 30 minutes a day. Try to make 10 minutes of that vigorous activity like running, soccer, skating or dancing.

**HINT:**  
You can add up your activities throughout the day in periods of at least 10 minutes each.

**2. Record It!**

## Activity Log

Every time you complete an activity - record the duration and type of activity. *Your challenge:* add up 30 minutes of moderate and vigorous physical activity per day, for at least 5 days a week, for two weeks in a row, starting on \_\_\_\_\_ and ending on \_\_\_\_\_.

Week 1		Week 2	
Day 1		Day 1	
Day 2		Day 2	
Day 3		Day 3	
Day 4		Day 4	
Day 5		Day 5	
Day 6		Day 6	
Day 7		Day 7	

**3. Return It!**

To qualify for a prize, return your log to your teacher:

By: \_\_\_\_\_

Draw date is: \_\_\_\_\_

Name: \_\_\_\_\_

Thunder Bay Chill Soccer Clinic date is on: \_\_\_\_\_

## Reap the Benefits!

- Meet new friends
- Have fun
- Feel Strong
- Run faster, jump higher
- Healthy weight
- Reduce stress
- Healthy heart
- Better concentration
- Feel good about yourself
- Do better in sports

