



Get Active! Exercise 60 minutes almost every day to:

- keep a healthy weight
- lower your chances of getting certain diseases like diabetes
- feel great

Choose both moderate and vigorous activities, such as:

Moderate

- swimming
- walking
- dancing

Vigorous

- jogging
- basketball
- biking

Visit www.girlshealth.gov for more information on fitness, safety, healthy relationships, bullying, nutrition, and much more.

Track your weekly activities here ...and enjoy yourself on the move!



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

