

We Can! Fit In Daily Physical Activity

| Type of Activity | What day of the week | What time of the day | Who will participate | Other notes | Did we do it? |
|--|----------------------|----------------------|----------------------------|----------------------------------|---|
| <i>Example 1:</i> Walking the dog | Every day | 7 AM and 5 PM | Mom and Sally Dad and John | At least 15–20 minutes! | Yes! Sally and John switched on Wednesday. |
| <i>Example 2:</i> Frisbee™ | Sunday | 3 PM | Everyone | River View Park | Yes—we played for 2 hours each Sunday this month. |
| <i>Example 3:</i> Get off the school bus one stop early | Monday–Friday | 2:30 PM | Sally and John | Be careful crossing Main Street. | Yes, except for Friday when we were tired. |
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