

# Track your Move-It Minutes!

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**Directions:** Write in the activity performed for each 15 minute period. Have a parent/guardian sign this form and return during your next Live Healthy Kids class.

Here's an example of what a completed Move-It Minute *should* look like!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LHK Challenge	45 sec plank	1 minute plank	30 sec plank	30 sec plank		45 sec plank	45 sec plank
15 Move-It Minutes	Rode bike	Played outside	Soccer practice	Played basketball	Ran outside	Soccer practice	Soccer Game
15 Move-It Minutes	walked dog		Soccer practice	Played basketball	walked dog	Soccer practice	Soccer Game
15 Move-It Minutes	Danced in room		Soccer practice		Played tag	Soccer practice	Soccer Game

The example above would equal **4 completed days** of Move-It Minutes! Each day helps the class get closer to the prize at the end of the year. The days can only be counted with a parent/guardian's signature.

## KEEP TRACK OF YOUR MOVE-IT-MINUTES BELOW:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LHK Challenge							
15 Move-It Minutes	Walking around	Walking around	Walking around	Walking around	Walking around	Walking around	Walking around
15 Move-It Minutes	Biking	Biking	Biking	Biking	Walking around	Biking	Walking around
15 Move-It Minutes	Walking around						Walking around

Week of LHK May 10 Parent/Guardian Signature 

Color in the star if you completed all **7 days** of Move-It Minutes!

