



Below: List any physical activity that you did yesterday and color in the picture for every 10 minutes of activity you did.

Example: If I did 40 minutes of physical activity total, I would color up to the 40-minute line.

- minutes
- 70
- 60
- 50
- 40
- 30
- 20
- 10

Activities

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List two or more physical activities that you either did or could do at home:

List two or more physical activities you either did or could do at school:

List two or more physical activities you either did or could do in your community: