



Eat Healthy. Get Active.  
Make a Difference.



Name:

Grade/Teacher:

	Activities	Minutes: <i>Bonus: double minutes for activities done with a parent/guardian.</i>	Total
<i>Example</i>	<i>Walked to school Played soccer at recess Raked leaves with parent</i>	<i>10 minutes 20 minutes 30 minutes x 2 = 60</i>	<i>90 minutes</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**First Down:** 30 minutes- 5 times a week or average of 150 minutes

**Goal Kick:** 45 minutes- 5 times week or average of 225 minutes

**Knock Out:** 60 minutes- 5 times a week or average of 300 minutes

**BIG 60 Club:** 60 minutes- 5 times a week for 6 weeks...6 knockouts!

*Your new tracker will come in your purple folder.  
Turn in to the box by Ms. Jennett's office.*