

Name: _____

Will Be More Physically Active

Note to Parents and Guardians: Your child is learning how important it is to be physically active in the World of Wellness (WOW!) Health Education series. I have asked each child to set a goal of doing at least 10 minutes total of physical activity each day outside of school. To help your child practice this important healthy habit, please initial by each activity your child does during the following week. Return this sheet to school by _____ (date).

- _____ Bike riding
- _____ Walking or nature hike
- _____ Climbing (e.g., playground equipment)
- _____ Playing tag
- _____ Playing a ball sport: _____
- _____ Swimming
- _____ Gymnastics or tumbling
- _____ Dancing
- _____ Other: _____
- _____ Other: _____
- _____ Other: _____
- _____ Other: _____