

NAME _____

MONTHLY MOVEMENT ACTIVITY

Daily Minutes Log

For every day this month that you are moving, log your activities here! You can include any kind of activity as long as you are up on your feet and moving around! These can be things like walking, jumping, dancing, playing sports, or even joining us in our Ninja or Tumbling classes - EVERY minute counts!

1 minute = 1 point

DATE	ACTIVITY	MINUTES	PARENT INITIALS
TOTAL			

More Room on Next Page 

DATE	ACTIVITY	MINUTES	PARENT INITIALS
MONTHLY TOTAL			