



# 2009 Student Activity Log

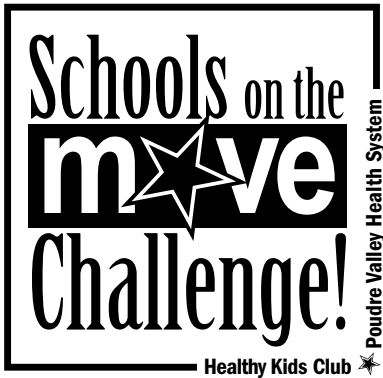
Must be complete to receive credit.

Name: _____ (First and Last)	Teacher: _____	Shirt Size: YS (6-8) YM (10-12) YL (14-16) AS AM AL AXL	During the "Challenge," did you: ____ get more exercise than usual? ____ get about the same exercise as usual? ____ get less exercise than usual?
Grade: _____	School: _____	Parent Signature _____	
Total number of days you were active 30 minutes or more _____		I completed the 7 day reduced "screen time" challenge, Feb. 8 - 14. _____	

Please check the box each day that you exercise 30 minutes or more. Reduce your "screen time" the week of February 8 - 14.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Feb 1</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 2</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 3</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 4</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 5</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 6</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 7</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more
<b>Feb 8</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more <input type="checkbox"/> Screen: 1-1/2 hrs or less	<b>Feb 9</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more <input type="checkbox"/> Screen: 1-1/2 hrs or less	<b>Feb 10</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more <input type="checkbox"/> Screen: 1-1/2 hrs or less	<b>Feb 11</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more <input type="checkbox"/> Screen: 1-1/2 hrs or less	<b>Feb 12</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more <input type="checkbox"/> Screen: 1-1/2 hrs or less	<b>Feb 13</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more <input type="checkbox"/> Screen: 1-1/2 hrs or less	<b>Feb 14</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more <input type="checkbox"/> Screen: 1-1/2 hrs or less
<b>Feb 15</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 16</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 17</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 18</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 19</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 20</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 21</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more
<b>Feb 22</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 23</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 24</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 25</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 26</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 27</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more	<b>Feb 28</b> Activities _____ <input type="checkbox"/> Activity: 30 min or more

Reminder: Turn in signed activity log on Wednesday, March 4!



# 2009



## Take the Challenge!



## What is it?

The **Schools on the Move Challenge** is a program to help increase the amount of exercise students, teachers and school staff get each day and each week. Research shows that daily exercise (at least 60 minutes most days) helps reduce the risk of health problems, helps kids to get better grades, to focus in class, and to have better memory skills. Join the Challenge to get fit and win prizes for you and your school!

## Challenge Rules

**1** The Challenge runs **February 2 – February 28, 2009**

**2** Keep track of your daily physical activity, **NOT INCLUDING REGULARLY SCHEDULED RECESS OR P.E.** Your goal is to get at least 30 minutes of extra physical activity every school day and even more on the weekends. Record your activities and check the box each day you get 30 minutes or more. You can include extra school day activity breaks that your class participates in!

**3** **New this year! "Screen Time Challenge" February 8 – 14** Check the box on the days that you have 1.5 hours or less of total "screen time." Screen time includes watching television and playing video or computer games. Students who record 7 days of reduced "screen time" will be entered into a drawing for a gym bag (3 prizes per school).

**4** Add up the total number of days you got at least 30 minutes of activity. Have a parent sign your log, and turn it into your teacher by **Wednesday, March 4.**

**5** Get your free Challenge t-shirt in April!

**6** **Questions?** Contact your P.E. teacher or call Laurie Zenner at 495-7511 or email [lhz@pvhs.org](mailto:lhz@pvhs.org)

## Prizes

- Get a Schools on the Move Challenge t-shirt by turning in your completed activity log by March 4.
- The top five schools with the highest percentage of participants will receive \$1,000, \$750, \$500, \$250, or \$250, respectively, to spend on P.E. equipment and/or approved school wellness initiatives.
- The top five schools with the highest percentage of kids active at least 30 minutes every school day will receive \$1,000, \$750, \$500, \$250, or \$250, respectively, to spend on P.E. equipment and/or approved school wellness initiatives.
- Schools with the highest percentage of teacher/staff participants will receive a catered lunch.



**Healthy Kids Club**  
POUDRE VALLEY HEALTH SYSTEM