



Name _____ Class _____

Racing For Fitness Log

GET IN THE RACE TO BE FIT!

30 Minutes = 1 Lap of exercise

YOUR GOAL:

Exercise for 2 laps (60 minutes) or more *each day* at least 3 times per week

- Write the number of laps you've achieved each day in the box
- BONUS: Give yourself 1 extra lap on the day that you completed the bonus activity with a parent or adult family member. *You can only earn 1 lap per week with the bonus activity*
- Write the word YES in the last box if you meet **YOUR GOAL** 3 or more times for that week
- You need to meet **YOUR GOAL** of **EVERY WEEK** for **5 WEEKS** in order to be entered in the fitness raffle

Week Of	SUN	MON	TUES	WED	THURS	FRI	SAT	Met My Weekly Goal
Oct. 2								
Oct. 9								
Oct. 16								
Oct. 23								
Oct. 30								

I Met My Weekly Goal _____ Times!

Parent's Signature _____

ACTIVITY LOGS ARE DUE Wednesday, NOVEMBER 9th

October Highlight Activity



SOCCER!

PARENTS & KIDS: Check out this inspiring video about a group of kids living on a tiny island who just want to play soccer “football”. How do they do it despite having no soccer field or “pitch”, no shoes and no land? It is worth your time to watch!

<http://www.youtube.com/watch?v=jU4oA3kkAWU>

****PARENTS:** This is a YouTube video so please watch with your children so they don't explore YouTube on their own.

DID YOU KNOW?

Youngest Soccer Player

Did you know that Reuben Noble-Lazarus is the youngest professional soccer player? At just 15 years and 45 days old, the Barnsley striker made his debut on September 30, 2008 against Ipswich when he came onto the field in the 84th minute. The previous record was held by Ken Roberts (Wrexham) and Albert Geldard (Bradford PA), each being 15 years and 158 days old.

*From sidelinesoccer.com

OTHER SAMPLE ACTIVITIES FOR RACING FOR FITNESS: Bicycling, Ballet, Baseball, Basketball, Bowling, Cheerleading, Dancing, Hockey, Flag Football, Golf, Gymnastics, Softball, Rollerblading, Ice skating, Karate, Tennis, Skateboarding, Soccer, Swimming, Yoga, Tumbling, Volleyball, Wrestling, Walking the dog, Raking leaves, Washing the car, Vacuuming, Cutting the grass. Playing catch, Frisbee, kickball, tag, jump roping, hula hooping, stretching, playing at the park.

October Bonus Activity

KIDNETICS CHALLENGE!

PARENTS & KIDS: Don't forget to perform this challenge to earn a lap each week WITH your parent or adult family member and mark it on your log. This is a fun challenge for the whole family. Try to better your try each time, get ready to move, get out of that chair and have fun!

<http://www.kidnetic.com/Kore/Fitness.aspx>