



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
Nov. 6								
Nov. 13								
Nov. 20								
Nov. 27								

I Met My Weekly Goal _____ Times!

Parent's Signature _____

ACTIVITY LOGS ARE DUE Wednesday, DECEMBER 7th

November Highlight Activity



FOOTBALL!

PARENTS & KIDS: Check out flag football this month. What better way to spend a fall day than organizing your own Turkey Bowl game with family and friends? Anyone can play and it is loads of fun.

DID YOU KNOW?

Youngest Football Player to be drafted by the NFL is.....

Amobi Okoye, a Nigerian-American, was drafted by the Houston Texans in the first round of the 2007 NFL Draft at only 19 years old. He also chose to play at the University of Louisville at age 15 and graduated after only 3 ½ years! At age 16 he was the youngest player in the NCAA (National Collegiate Athletic Association). He has been a Chicago Bear since July 30th of this year.

*From: http://en.wikipedia.org/wiki/Amobi_Okoye

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.

November Bonus Activity

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. Get out and enjoy the beautiful fall weather by raking leaves with your family or taking a nice, long walk with relatives after Thanksgiving dinner (or any dinner)!

Kids who met October's challenge will have their names entered into the prize raffle. Prizes will be awarded at November's PUMPED celebration!