



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 **4 WEEKS** in order to be entered in the fitness raffle

Week Of	SUN	MON	TUES	WED	THURS	FRI	SAT	Met My Weekly Goal
Dec. 5								
Dec. 12								
Dec. 19								
Dec. 26								

I Met My Weekly Goal _____ Times!

Parent's Signature _____

ACTIVITY LOGS ARE DUE Wednesday, JANUARY 4th

December Highlight Activity



SKATING!

PARENTS & KIDS: Check out ice skating this month. You can figure skate, play hockey or speed skate. The McCormick Tribune Ice Rink is open (weather permitting) if you want to skate in the city. You can also check out the Big Ball Park in Riverside or Ridgeland Commons in Oak Park which has an indoor rink.

DID YOU KNOW?

The youngest figure skater to win an Olympic gold medal is.....

Tara Lipinski at age 15! She is an American figure skater born in Philadelphia, Pennsylvania. She won the Ladies' Singles Olympic gold medal at the 1998 Winter Olympics. Tara began figure skating at age six and won her first US Championship at age nine. She remains the youngest individual gold medalist in the history of the Olympic Winter Games.

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

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.

December Bonus Activity

PARENTS & KIDS: Don't forget to perform this challenge to earn an extra lap WITH your parent or adult family member and mark it on your log:

If the day is just too cold outside, try roller skating for a change. Grab your parent and try Fleetwood Roller Rink in Summit or a little farther away is Lombard Roller Rink.

Kids who meet either November, December or January's challenge will have their names entered into the prize raffle. You will get one entry for each month that you reached your goals! Prizes will be awarded at February's PUMPED celebration.