



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
Jan. 1								
Jan. 8								
Jan. 15								
Jan. 22								
Jan. 29								

I Met My Weekly Goal _____ Times!

Parent's Signature _____

ACTIVITY LOGS ARE DUE Wednesday, FEBRUARY 8th

January Highlight Activity



SKIING!

PARENTS & KIDS: Everyone loves downhill skiing but you can also cross-country ski close to home for a fabulous workout in a winter wonderland! The Morton Arboretum has over 1,700 acres that you can cross-country ski on. Skis are available for rent daily from 9am-3pm when there is 4 or more inches of snow on the ground. First come, first serve or bring your own skis to explore. <http://www.mortonarb.org/walk-bike-ski-more.html>

DID YOU KNOW?

Skiing has been around for over 5,000 years. Scandinavians were moving through the snow on boards as early as 3,000 B.C., when skiing was important for both transportation and military purposes. Skiing began to be used as a form of recreation in the late 1800s, when people decided that flying down a snow-covered hill on skis would be pretty fun. That's when a guy from Norway invented the first ski binding, which allowed skiers to go down really steep hills without worrying that their skies would come off.

From: www.kidzworld.com/article/5168-skiing-101

As of the 2010 Winter Olympics, the United States are the most successful nation in the history of Olympic freestyle skiing, having collected a total of 14 medals: five gold, five silver, and four bronze.

From: http://en.wikipedia.org/wiki/List_of_Olympic_medalists_in_freestyle_skiing

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.

January 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>