



# My Weekly Activity Tracker

Use this activity tracker like a personal movement journal! Each day, record your physical activity in the tracker. Notice which activities you enjoy most and try to add a few more minutes of movement when you can. As you fill in more boxes on your tracker, you'll see how active you really are, learn to set goals, and maybe find new fun ways to get moving.



Kids and teens ages 6-17 need at least **60 minutes** of physical activity every day.

## What are the benefits of physical activity?

Being active can:



Improve your mood and help with symptoms of anxiety and depression



Help you sleep better at night and boost your energy during the day



Increase your focus in class, which can help you get better grades

## What counts as physical activity?

- **Lots of things count!** Even things that don't feel like exercise, like walking to school, raking leaves, or learning a new dance.
- **Find what works for you.** Whether it's playing sports, throwing a frisbee with friends, or doing solo activities like skateboarding.
- **It all adds up.** 60 minutes may sound like a lot, but it doesn't have to happen all at once. Take a dance break while you're cleaning your room, do planks or squats during TV commercials, or walk around the block while you talk on the phone.

# What types of physical activity do I need?

## Aerobic

Anything that gets your heart beating faster counts – like swimming or riding a bike.

## Muscle strengthening

Anything that makes your muscles work harder than usual counts – like climbing or doing planks.

## Bone strengthening

Bones need pressure to get stronger. Running, jumping, and weight-bearing activities all count.

# How much physical activity do I need?



If you're between 6 and 17 years old, you need at least **60 minutes every day**.

Most of your physical activity can be **moderate-intensity aerobic activity**.



At least 3 days a week, step it up to **vigorous-intensity aerobic activity**.



### Is it moderate or vigorous?

Use the “talk test” to find out.

When you're being active, try talking:

- ✓ If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- ✓ If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

As part of your daily 60 minutes, you also need:

### Muscle-strengthening activity

At least 3 days a week



### Bone-strengthening activity

At least 3 days a week



# Getting a mix of activity types can be easy!

Lots of activities can get your heart pumping and strengthen your muscles and bones:



Jump rope



Practice martial arts



Learn a racket sport

Name \_\_\_\_\_ Date \_\_\_\_\_

# Activity Tracker

Use the tracker to record your physical activity. Remember to try for **at least 60 minutes** of physical activity each day — and to get a mix of aerobic, muscle-strengthening, and bone-strengthening activity.

	My physical activity:	Time spent:	Notes:
Example	Played soccer with my sister	25 minutes	
	Walked up and down the stairs at school	5 minutes	
	Total body workout video	15 minutes	
	<b>Total minutes of activity:</b>	<b>45 minutes</b>	
Monday			
	<b>Total minutes of activity:</b>		
Tuesday			
	<b>Total minutes of activity:</b>		
Wednesday			
	<b>Total minutes of activity:</b>		
Thursday			
	<b>Total minutes of activity:</b>		
Friday			
	<b>Total minutes of activity:</b>		
Saturday			
	<b>Total minutes of activity:</b>		
Sunday			
	<b>Total minutes of activity:</b>		

# Reflection Questions

At the end of the week, take a look at your tracker and check in with yourself. Use the questions below to guide your reflection and write down your thoughts and ideas.

Reflection question	Your answer
How did you feel on the days you were more active?	
What were your favorite activities and why?	
What ideas do you have to add more physical activity into your day?	
What would help you to be more active? (For example, setting a calendar reminder or picking out your workout clothes the night before.)	

**Now it's time to set a goal.** Based on your experiences getting active so far, how can you be a little more active next week?

**Try to be as specific as possible and add details when setting your goal.** For example — instead of "get more active," try "take a 10-minute walk with my dog after dinner 3 times this week."

Set a Goal