

We Can! Fit In Daily Physical Activity

Type of Activity	What day of the week	What time of the day	Who will participate	Other notes	Did we do it?
<i>Example 1:</i> Walking the dog	Every day	7 AM and 5 PM	Mom and Sally Dad and John	At least 15–20 minutes!	Yes! Sally and John switched on Wednesday.
<i>Example 2:</i> Frisbee™	Sunday	3 PM	Everyone	River View Park	Yes—we played for 2 hours each Sunday this month.
<i>Example 3:</i> Get off the school bus one stop early	Monday–Friday	2:30 PM	Sally and John	Be careful crossing Main Street.	Yes, except for Friday when we were tired.
Your activity:					
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