# Activity & Skills Log

Kids! Record the number of minutes you were active doing these skills every day. Add up your total minutes each day. Can you get to 90?

| Activity | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---|---|---|---|---|---|---|---|
| Outdoor play | | | | | | | |
| Climb a tree | | | | | | | |
| Hopscotch | | | | | | | |
| Jump rope | | | | | | | |
| Walk a tightrope | | | | | | | |
| Bike to school | | | | | | | |
| Ride a scooter | | | | | | | |
| Walk to school | | | | | | | |
| Run | | | | | | | |
| Hike | | | | | | | |
| Snow-shoeing | | | | | | | |
| Sledding | | | | | | | |
| Cross-country skiing | | | | | | | |
| Skiing | | | | | | | |
| Skating | | | | | | | |
| Practice throwing | | | | | | | |
| Practice kicking | | | | | | | |
| Dribble a ball | | | | | | | |
| Dance party | | | | | | | |
| Dance class | | | | | | | |
| Swim | | | | | | | |
| Basketball | | | | | | | |
| Hockey | | | | | | | |
| Martial arts | | | | | | | |
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| TOTAL | | | | | | | |