

## COFFIN SCHOOL 60 MINUTES OF EXERCISE LOG

- 5** or more **FRUITS & VEGETABLES**
- 2** hours or less of **RECREATIONAL SCREEN TIME**
- 1** hour or more of **PHYSICAL ACTIVITY**
- 0** sugary drinks, **MORE WATER**

**HOW DID YOU GET 60 MINUTES OF EXERCISE TODAY? DRAW A PICTURE SOME OF YOUR FAVORITE PHYSICAL ACTIVITIES EACH DAY! YOU CAN USE THIS CHART OR DRAW ONE OF YOUR OWN AT HOME.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

