



I'm a Move It Kid:



I aim for at least 60 minutes

My Move It Minutes:

Color the box	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Move It minutes							
15 Move It minutes							
15 Move It minutes							
15 Move It minutes							
15 Move It minutes							
15 Move It minutes							
Extra Move It minutes							

My favorite Move It activities are: _____

Here are some examples:

riding a bike jumping rope playing tag swimming playing fetch with your dog

