



Log Sheet

Participant's Name: _____ Phone: _____

School: _____ Grade/Teacher: _____

My goals for increasing physical activity this week
(eg. Meet friends at the park for a game of tag or soccer, walk to school):

Parent Signature: _____

On the graph, please colour or shade in how much time you spent on physical activity and viewing screens (outside school hours) every day for one week. Screen time includes watching TV, playing computer and video games, sending text messages, chatting on Facebook, etc.

Please note: Screen activities that are active like Wii Fit go under Physical Activity.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		WEEKLY TOTAL			
MORE THAN 4 hrs																MORE THAN 28 hrs		
4 hrs																28 hrs		
3 ½ hrs																24 hrs		
3 hrs																20 hrs		
2 ½ hrs																16 hrs		
2 hrs																12 hrs		
1 ½ hrs																8 hrs		
1 hrs																4 hrs		
½ hr																0 hrs		
0 hrs																		
	PHYSICAL ACTIVITY	SCREEN TIME	PHYSICAL ACTIVITY	SCREEN TIME	PHYSICAL ACTIVITY	SCREEN TIME	PHYSICAL ACTIVITY	SCREEN TIME	PHYSICAL ACTIVITY	SCREEN TIME	PHYSICAL ACTIVITY	SCREEN TIME	PHYSICAL ACTIVITY	SCREEN TIME	PHYSICAL ACTIVITY	SCREEN TIME	PHYSICAL ACTIVITY	SCREEN TIME

Please return completed log sheets to your teacher





Pause to Play...Turn off the Screens Get up and Get Moving!

There are SO MANY THINGS YOU CAN DO instead of spending time in front of a screen! Here are a few ideas to get you started....

Fall Activities

- Walk or ride your bike to school.
- Go for a jog
- Clean the yard or garage
- Rake leaves and make piles to jump in
- Go for a hike on a local trail
- Organize a scavenger hunt with friends
- Decorate your house for Thanksgiving and Halloween
- Play catch or football
- Play soccer or Frisbee
- Shoot some hoops. Set up a 3 on 3 tourney
- Learn a new game or activity

Winter Activities

- Play outside with friends
- Help decorate your house for the holidays
- Go tobogganing (remember your helmet!)
- Go skating at an outdoor rink or arena
- Downhill, cross country ski, or snowboard
- Snow shoe
- Take your dog for walk or offer to walk the neighbour's dog
- Shovel the driveway or sidewalk - make it a family affair!

Winter Activities continued...

- Organize a game of street hockey
- Too stormy? Play a board game, build a fort indoors, put on music and dance
- Visit your local library
- Make crafts
- Visit a recreation centre for swimming and games
- Play charades

Spring & Summer Activities

- Get friends together at the park for a soccer or baseball game
- Bath the dog
- Help with yard cleanup at home or in your neighbourhood
- Wash the car - inside and out
- Clean out closets
- Rollerblade or skateboard (don't forget your protective equipment!)
- Go swimming, play water polo
- Play tennis, badminton or volleyball
- Go to the playground
- Plan a picnic lunch
- Learn a new sport and get the whole family involved!
- Go on a nature hike