

Name _____

Exercise Log

Date	Exercise	Duration (minutes)	How do you feel?

"The secret of getting ahead is getting started." -Mark Twain



Exercise Ideas

- Ride a bike
- Go for a walk
 - Play tag
- Do jumping jacks
- Go up and down stairs
- Play an active video game
- Dance to your favorite music
 - Work in the yard
- Create an obstacle course
- Move like different animals
 - Run around your house
 - Play a sport
 - Jump rope
- Take a Karate or Taekwondo Class
 - Be Creative

