| Physical Activity Calendar <br> Four-Week Period |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| From: $\qquad$ To: $\qquad$ Write down the months and dates |  |  |  |  |  |  |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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How much time (in total) do you plan on being physically active?
Student signature: $\qquad$
Parent/guardian signature: $\qquad$
Date: $\qquad$

Date: $\qquad$

