



Complete this worksheet and turn in  
to your coach by \_\_\_\_\_  
to get a GOLD star!



Due Date: \_\_\_\_\_

Name: \_\_\_\_\_

# Challenge #2: I Am Active!

Color in the star for every 15 minutes of physical activity that you do every day this week!

Remember, you should get 60 minutes of physical activity each day!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 minutes							
15 minutes							
15 minutes							
15 minutes							

What was your  
favorite activity you  
did this week?



I have completed  
Challenge 2!



Child's Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_