

READING & FITNESS CHALLENGE

Fitness Log

NAME: _____ AGE: _____ GRADE: _____

SCHOOL: _____ TEACHER/COACH: _____

DATE	ACTIVITY	DURATION (MINUTES)	FUN METER (HOW MUCH FUN WAS IT)	FIT METER (HOW HARD WAS IT)
				
				
				
				
				
				
				
				
				
				
				
				

TOTAL Activity Time: _____

My favorite activity this log was: _____

Parent/Guardian/Teacher/Coach Signature: _____

REMEMBER YOU MUST COMPLETE **12 hours** OF TOTAL ACTIVITY TIME FOR THE READING & FITNESS CHALLENGE.