


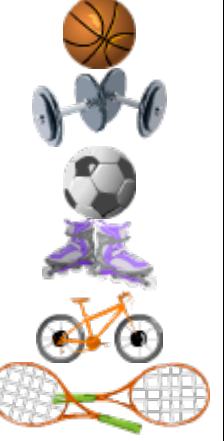
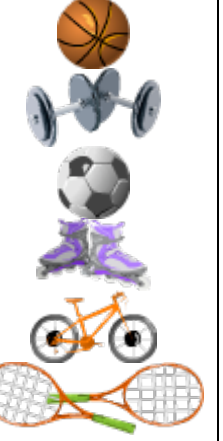
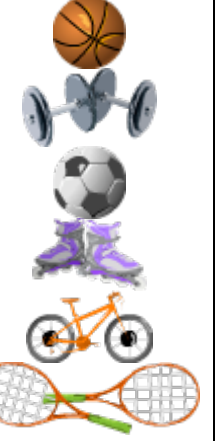
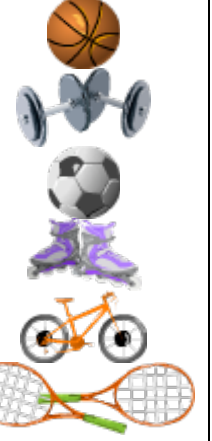


Name \_\_\_\_\_

## Healthy Habit Tracker - Physical Activity

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Physical Activity							

Total hours of Physical Activity for the week: \_\_\_\_\_

**Directions:** Cross off one physical activity image for every 15 minutes of physical activity you participate in. Physical activity will cause your heart to beat faster, you to take deeper breaths and possibly cause you to sweat.

The long term goal is to include at least 1 hour of physical activity every day. When you include 1 hour of physical activity every day, your body will be as healthy as possible.

**How did you measure up in fighting the evils of Sluggo?**

**1 hour or less of physical activity** - Were you surprised by how much you were not active in the past week? You do not have to start out with a strenuous workout; a simple walk will also help.

**2-3 hours of physical activity** - You are starting to include regular physical activity and Sluggo gets weaker every time you get active. Add more time to your physical activity, or add more days of the week to weaken Sluggo even more.

**4-5 hours of physical activity** - Good job at including physical activity 4-5 hours during the week. Sluggo is starting to get "weak in the knees". Push on...you are almost there!

**6 hours of physical activity** - You have almost defeated Sluggo by including physical activity 6 hours a week. Find a way to sneak in one more hour, and you will be able to defeat Sluggo!

**7 or more hours of physical activity** - Great job! You have defeated Sluggo by including an average of one hour of physical activity every day. Keep up the great habits!

