



UPONLY LEARNING PRESENTS MOVE EVERY DAY

Daily 60 activity log

Goal for ages 6 to 17: 60 minutes or more every day, with strength, jumps and vigorous play on at least 3 days a week each (HHS, CDC).

Student: _____ Grade: _____ Week of: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
PE session (minutes)							
Other active minutes: walk, bike, play, chores							
Total minutes (goal: 60 or more)							
Strength (muscle) today?	☐	☐	☐	☐	☐	☐	☐
Jumps (bone) today?	☐	☐	☐	☐	☐	☐	☐
Vigorous (only a few words before a breath)?	☐	☐	☐	☐	☐	☐	☐
How I felt (draw a face)							

This week: strength days ____ of 3 · jump days ____ of 3 · vigorous days ____ of 3 · days with 60 minutes ____ of 7

Kindergarten: count active play all day; for ages 3 to 5 adults should aim for about 3 hours a day. Sources: U.S. Department of Health and Human Services, Physical Activity Guidelines for Americans, 2nd edition (2018), https://odphp.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
Centers for Disease Control and Prevention (CDC), Physical activity guidelines for students (2024), https://www.cdc.gov/physical-activity-education/guidelines/

Please read: Move Every Day is general education, not medical advice. Check with your student's doctor before starting a new activity program if your student has a heart, lung or other health condition, an injury, or a disability that affects movement. Stop and get medical help if your student faints, has chest pain, severe shortness of breath or dizziness during activity. In an emergency, call 911.