UPONLY LEARNING PRESENTS MOVE EVERY DAY

The Daily 60

60 minutes or more every day of moderate-to-vigorous activity, ages 6 to 17 (HHS, CDC).

On at least 3 days a week each: vigorous play, muscle-strengthening and bone-strengthening (jumps). They count inside the 60.

Mon	Tue	Wed	Thu	Fri
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Icons: arm = strength, arrow up = jumps for bone, heart = vigorous.

Talk test. Moderate: you can talk but not sing. Vigorous: only a few words before a breath (CDC).



Safety rules

- Warm up first.
- Clear the floor.
- Have water nearby.
- Wear sneakers, or go barefoot on a non-slip floor.
- Land softly.
- Stop if something hurts, or if you feel dizzy or sick.
- Tell an adult.

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/
Centers for Disease Control and Prevention (CDC), What counts for children and teens (2024), https://www.cdc.gov/physical-activity-basics/adding-children-adolescents/what-counts.html

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.