UPONLY LEARNING PRESENTS MOVE EVERY DAY

Monthly activity calendar

Student: _____ Month: _____

Write the day numbers for this month. Color each day: **yellow** = 60 minutes or more, **blue** = some activity. Add S for strength, J for jumps, V for vigorous.

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Days with 60 minutes: ___ · Days with strength: ___ · My favorite activity this month: _____

Goal from HHS and CDC: 60 minutes or more a day for ages 6 to 17, with strength, bone and vigorous activity on at least 3 days a week each. 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.