UPONLY LEARNING PRESENTS MOVE EVERY DAY

Strength and jump log (4 weeks)

Strength and bone-strengthening activity on at least 3 days a week (HHS, CDC). Write sets × reps or seconds; count soft landings. Form first, then more reps, then more sets (our plan).

Student: _____ Grade: _____ Start date: _____

Week	Day 1: strength (sets × reps)	Day 1: soft landings	Day 2: strength (sets × reps)	Day 2: soft landings	Day 3: strength (sets × reps)	Day 3: soft landings
Week 1						
Week 2						
Week 3						
Week 4						

My strength moves: 1. _____ 2. _____ 3. _____ · My jump moves: _____ · One thing I improved: _____

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/
American Academy of Pediatrics (AAP), HealthyChildren.org, Strength training (2011), https://www.healthychildren.org/English/healthy-living/sports/Pages/Strength-Training.aspx

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.