



Washington Irving Elementary Family Activity Log

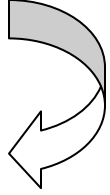
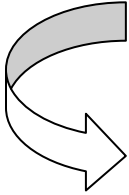


Student's Name: _____ Grade: ____
 Teacher's Name: _____



Start

Adult signature



1/4	1/4	1/4	1/4	1 Mile _____
1/4	1/4	1/4	1/4	2 Miles _____
1/4	1/4	1/4	1/4	3 Miles _____
1/4	1/4	1/4	1/4	4 Miles _____
1/4	1/4	1/4	1/4	5 Miles _____
1/4	1/4	1/4	1/4	6 Miles _____
1/4	1/4	1/4	1/4	7 Miles _____
1/4	1/4	1/4	1/4	8 Miles _____
1/4	1/4	1/4	1/4	9 Miles _____
1/4	1/4	1/4	1/4	10 Miles _____
1/4	1/4	1/4	1/4	11 Miles _____
1/4	1/4	1/4	1/4	12 Miles _____
1/4	1/4	1/4	1/4	13 Miles _____
1/4	1/4	1/4	1/4	14 Miles _____
1/4	1/4	1/4	1/4	15 Miles _____
1/4	1/4	1/4	1/4	16 Miles _____
1/4	1/4	1/4	1/4	17 Miles _____
1/4	1/4	1/4	1/4	18 Miles _____
1/4	1/4	1/4	1/4	19 Miles _____
1/4	1/4	1/4	1/4	20 Miles _____
1/4	1/4	1/4	1/4	21 Miles _____
1/4	1/4	1/4	1/4	22 Miles _____
1/4	1/4	1/4	1/4	23 Miles _____
1/4	1/4	1/4	1/4	24 Miles _____
1/4	1/4	1/4	1/4	25 Miles _____

This form is for your use ONLY! Do NOT turn into PE teachers. Once you have 25 miles, fill out the Google Form on W.I. website under the "Healthy Lifestyles" tab.

Student can turn in 25 miles (max) per week.

15 minutes of "Go" Activity= 1 mile

*Go Activity- Red face, sweating, fast heart rate, and heavy breathing