



*Family
Fitness*

The logo features the words "Family" and "Fitness" in a black, elegant cursive script. The word "Family" is positioned above "Fitness". The letter "F" in "Fitness" is significantly larger and more decorative, with a large, swirling tail that loops back to the left. Three black silhouettes are integrated into the design: a runner is positioned above the top of the "F"; a person is shown balancing on a ball, with another ball nearby, positioned between the "F" and the word "Family"; and a second runner is positioned to the right of the word "Fitness".

Physical Activity Log

<u>Day</u>	<u>Activity</u>	<u>How Long (points)</u>	<u>Intensity*</u>	<u>Bonus/Activity</u>
Monday	Team _____			
	Adult 1 _____			
	Adult 2 _____			
	Child _____			
Tuesday	Team _____			
	Adult 1 _____			
	Adult 2 _____			
	Child _____			
Wednesday	Team _____			
	Adult 1 _____			
	Adult 2 _____			
	Child _____			
Thursday	Team _____			
	Adult 1 _____			
	Adult 2 _____			
	Child _____			
Friday	Team _____			
	Adult 1 _____			
	Adult 2 _____			
	Child _____			
Saturday	Team _____			
	Adult 1 _____			
	Adult 2 _____			
	Child _____			
Sunday	Team _____			
	Adult 1 _____			
	Adult 2 _____			
	Child _____			

*Use the following guide for intensity (how hard):

A. Fast, very fast/strenuous
B. Medium/moderate

C. Slow/easy
D. Stationary

WEEK _____

Dear Parent(s):

You are invited to get fit and have fun with the Family Fitness program. In school your child is participating in a physical fitness and nutrition education program (10 weeks in Fall and 10 weeks in Spring). We are asking you to continue the fitness program at home as a Fitness Team. Experts have recently found that you don't have to be a marathon runner to benefit from exercise, just taking a walk a few times a week can improve fitness.

Here's how it works:

Each week your team's goal is to score at least 100 points. One minute of activity, selected from the list of activities below, scores one point. Fifty points must come from a parent and child working out together (complete team line on log). To reach 100 points, you and your child can score points individually. Record all out of school activities, sign below, and have your child return the scorecard to school on Monday morning. Bonus points are earned by completing family food activities (these will appear throughout the program, but not every week). Indicate on the scorecard when the food activities have been completed.

Activities:

Archery, badminton, baseball, basketball, bicycling, calisthenics, canoeing, dancing, football, golf, hiking, horseback riding, martial arts, paddleball, racquetball, running, sailing, skating, skiing (downhill/cross country), soccer, swimming, tennis, volleyball, walking (slow/moderate). If you don't see an activity on this list that you enjoy, check with your teacher.

Child Signature _____

Parent Signature _____

Team Name: _____

Write in names of team members participating this week:
