

Children's Fitness Foundation™

Physical Activity Suggestion List

Activities:

CFF
Cycling
Rollerblading
Ice skating
Bowling
Catch
Tag
Playing at the park
Jump rope

Racquetball
Hiking
Frisbee
Rock climbing
Dance
Martial arts
Gymnastics
Tubing
Swimming
Kay

Skiing
Snowboarding
Skate boarding
Hockey
Kickball

Sports:

Softball
Baseball
Basketball
Football
Soccer
Tennis
Wrestling
Golf
Volleyball
Track and field

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Daily Method of Success

For the week of _____

My Weekly Actions:

1. Exercise 60 minutes a day 6 times per week.
2. Eat often & make good food choices. (Daily)
3. Participate in an outside activity every week.
4. Participate in your favorite team sport.
5. Have **FUN** & be **SAFE!**

| Week 1 | Activity/CFF | Favorite Sport | Minute | Ate Healthy |
|-----------|--------------|----------------|--------|-------------|
| Monday | | | | Yes/No |
| Tuesday | | | | Yes/No |
| Wednesday | | | | Yes/No |
| Thursday | | | | Yes/No |
| Friday | | | | Yes/No |
| Saturday | | | | Yes/No |
| Sunday | | | | Yes/No |

| Week 2 | Activity/CFF | Favorite Sport | Minute | Ate Healthy |
|-----------|--------------|----------------|--------|-------------|
| Monday | | | | Yes/No |
| Tuesday | | | | Yes/No |
| Wednesday | | | | Yes/No |
| Thursday | | | | Yes/No |
| Friday | | | | Yes/No |
| Saturday | | | | Yes/No |
| Sunday | | | | Yes/No |

| Week 3 | Activity/CFF | Favorite Sport | Minute | Ate Healthy |
|-----------|--------------|----------------|--------|-------------|
| Monday | | | | Yes/No |
| Tuesday | | | | Yes/No |
| Wednesday | | | | Yes/No |
| Thursday | | | | Yes/No |
| Friday | | | | Yes/No |
| Saturday | | | | Yes/No |
| Sunday | | | | Yes/No |

| Week 4 | Activity/CFF | Favorite Sport | Minute | Ate Healthy |
|-----------|--------------|----------------|--------|-------------|
| Monday | | | | Yes/No |
| Tuesday | | | | Yes/No |
| Wednesday | | | | Yes/No |
| Thursday | | | | Yes/No |
| Friday | | | | Yes/No |

| | | | |
|-----------------|--|--|--------|
| Saturday | | | Yes/No |
| Sunday | | | Yes/No |