



**Benefits of 60 minutes of  
Activity Every Day**

Increases energy  
Better focus at school  
Improves health  
Keeps bones healthy  
And so much more!

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

# **PERSONAL GROWTH**

Each leaf is equal to 60 minutes of physical activity. There is one leaf for each day of the week.

Color in each leaf with the amount of activity you did that day.