Each day fill in what physical activity you did and how many minutes you did it.

Name ____________________________

### Health & Safety Tips for Outdoor Activities

Complete the maze by going through items that will help keep you healthy when outdoors.

#### Safety Tips
- Wear proper footwear
- Wear proper protective gear
  - bicycle helmet
  - elbow and/or knee pads
- Wear white or light clothing and shoes with reflective strips during evening or night activities