<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Weekly Total</th>
</tr>
</thead>
</table>

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

**Name** ____________________________

**September total minutes of physical activity**

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**Back to School Activity**

See how many new words can you make from: Back to School

What activities have you started since returning to school?

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For more resources visit: www.4-h.uiuc.edu/opps/move