



Activity Tracking Sheet

Keep track of all the minutes you spend doing something active, and write it down here! Any kind of physical activity counts! Recess, gym, playing outside, going for a walk, dancing, swimming, etc.!!

Don't forget that time spent doing physical or occupational therapy counts too! A minimum of 5 hours must be completed each week in order to be entered in the weekly raffle for great prizes!!

Name: _____

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
How many minutes were you active today??								
What activities did you do?								X

Turn this Activity Tracking Sheet in weekly to get credit for all your hard work! Sheets are due each Monday, and can be submitted to any Easter Seals staff member or emailed to committobefit@joliet.easterseals.com. Questions? Please call Angelica Hernandez or Hayley Biernacki at (815) 725-2194 or email us! **HAVE FUN!!**