May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total

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University of Illinois Extension provides equal opportunities in programs and employment.

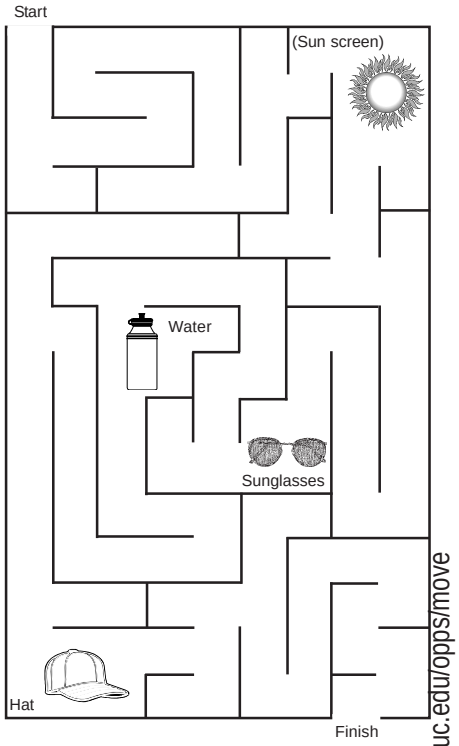
Each day fill in what physical activity you did and how many minutes you did it.

Name _____

May
total minutes of physical activity

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 footware
- 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

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