



June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	 <p>University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating University of Illinois Extension provides equal opportunities in programs and employment.</p>					

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

Name _____

June
total minutes of
physical activity

Outdoor Activities
USDA recommends that you get at least 60 minutes of moderate physical activity for most days of the week. Sort the outdoor activities below into the correct activity level.

	low	moderate	high
baseball	___	___	___
basketball	___	___	___
bicycling	___	___	___
croquet	___	___	___
dodgeball	___	___	___
football	___	___	___
golf	___	___	___
hiking	___	___	___
kickball	___	___	___
running	___	___	___
skate boarding	___	___	___
inline skating	___	___	___
soccer	___	___	___
softball	___	___	___
swinging	___	___	___
swimming	___	___	___
track	___	___	___
walking	___	___	___