




June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
					 University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating 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 _____

June
total minutes of
physical activity

Sports

Name the sport represented in each of the pictures below.







