



# 2009 Governor's Challenge Activity Log



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4/19	4/20	4/21	4/22	4/23	4/24	4/25
4/26	4/27	4/28	4/29	4/30	5/1	5/2
5/3	5/4	5/5	5/6	5/7	5/8	5/9
5/10	5/11	5/12	5/13	5/14	5/15	5/16
5/17	5/18	5/19	5/20	5/21	5/22	5/23

Place an "X" in every day that you are active.

Be active for 30-60 minutes a day at least 3 days each week.

Maintain this schedule for 4 weeks and earn an official Certificate of Completion!

TOTAL ACTIVE DAYS: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Student Name: \_\_\_\_\_