|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 2Activity:Duration: | 3Activity:Duration: | 4Activity:Duration: | 5Activity:Duration: | 6Activity:Duration: | 7Activity:Duration: | 8Activity:Duration: |
| 9Activity:Duration: | 10Activity:Duration: | 11Activity:Duration: | 12Activity:Duration: | 13Activity:Duration: | 14Activity:Duration: | 15Activity:Duration: |
| 16Activity:Duration: | 17Activity:Duration: | 18Activity:Duration: | 19Activity:Duration: | 20Activity:Duration: | 21Activity:Duration: | 22Activity:Duration: |
| 23Activity:Duration: | 24Activity:Duration: | 25Activity:Duration: | 26Activity:Duration: | 27Activity:Duration: | 28Activity:Duration: | 29Activity:Duration: |
| 30Activity:Duration: | 31Activity:Duration: | Healthy Habit: **Heart Rate**How do you find your heart rate?Character Trait: **Competitiveness-** of or relating to a situation in which people or groups are trying to win a contest or be more successful than others : relating to or involving competition |

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_