|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Monday | | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 2  Activity:  Duration: | 3  Activity:  Duration: | | 4  Activity:  Duration: | 5  Activity:  Duration: | 6  Activity:  Duration: | 7  Activity:  Duration: | 8  Activity:  Duration: |
| 9  Activity:  Duration: | | 10  Activity:  Duration: | 11  Activity:  Duration: | 12  Activity:  Duration: | 13  Activity:  Duration: | 14  Activity:  Duration: | 15  Activity:  Duration: |
| 16  Activity:  Duration: | | 17  Activity:  Duration: | 18  Activity:  Duration: | 19  Activity:  Duration: | 20  Activity:  Duration: | 21  Activity:  Duration: | 22  Activity:  Duration: |
| 23  Activity:  Duration: | | 24  Activity:  Duration: | 25  Activity:  Duration: | 26  Activity:  Duration: | 27  Activity:  Duration: | 28  Activity:  Duration: | 29  Activity:  Duration: |
| 30  Activity:  Duration: | | 31  Activity:  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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_