

Rookie Tracker

Name: _____

Week: _____

Grade: _____



TRACKING YOUR "ENERGY OUT"

Be physically active for at least 60 minutes each day. Track at least five days per week!

	Activities	Minutes	Were you active for 60+ minutes today?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Energy Tracker originally created for **ReCharge! Energizing After-School** an after-school program for 3rd-6th graders developed by Action for Healthy Kids and its partner organizations, with support from the National Football League. Visit www.ActionForHealthyKids.org for more information.

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Parent's signature: _____