



# TREASURE VILLAGE MONTESSORI

## Physical Activity Log

**GOAL: 60 Minutes/Day**



*Always Start with a Healthy Breakfast*



*Drink at least 3 bottles of water per day*

	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total Mins.
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				