

You can use this sheet to log your physical activity every week for the Virtual Kids Run Club. Briefly describe what you did for each task below including the time you spent doing the activity and what the activity was. Try to complete each section every week!

WEEK: _____

Dynamic Warm-up: Pick some activities that stretch you out and get you moving at the same time, like a brisk walk or slow jog, some lunges, high knees, and arm circles

Training run exercise: Make it your goal each week to increase your running distance! Use the Regional Fun Run 1 mile or 5k distance as your goal, and work up to it each week. Remember it's ok to walk or slow down if you need to, just keep moving.

Game or other activity: Make time for physical activity that you think is FUN! Play an exercise game, ride your bike, go on a walk in the woods, or kick around a ball as a reward for finishing your training run.

Cool-down and stretch: After you finish exercising, it's important to take some time to stretch out your muscles. Do a cool down walk, then stretch out your leg muscles (hamstrings, quads, calves, etc), and upper body (shoulders, triceps, biceps, etc).