**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEACHER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Bobcat Be Active for Fitness Club**

The Buck Lake physical education teachers would like to encourage our Bobcats to engage in an active lifestyle outside of school. Keep a log of your physical activities so that you can be a member of our club!

**Directions:**

* **When you do any activities outside of school that are at least *30 consecutive minutes* write them down.**
* **List the type of activity you did, the date, time (*one activity per day*) and make sure your parents sign it. Please do not list any activities that are less than 30 minutes.**
* **Theme park visits do not count as an activity.**

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| **Activity** | **Date** | **Time** | **Parent Signature** |
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**Prizes:**

1st Log: Certificate and Pencil

2nd Log: Bracelet

3rd Log: Pedometer/Teacher Choice

4th Log: Jump Rope

5th Log: Water Bottle

6th Log: Cinch Sac