Name: $\qquad$ Week: $\qquad$

| Tracking Your "Energy Out" <br> Be physically active for at least 60 minutes each day. Track at least 5 days per week. |  |  |  |
| :---: | :---: | :---: | :---: |
|  | Activities | Minutes - Mark foot for every 15 minutes of physical activity | Were you active for $60+$ minutes today? |
| Monday |  | 898908980 |  |
| Tuesday |  | $898989998$ |  |
| Wednesday |  | $898989098$ |  |
| Thursday |  | $89999999098$ |  |
| Friday |  | $89898989$ |  |
| Saturday |  | $89898989898$ |  |
| Sunday |  | $898989989$ |  |

## Nationwide Children's

When your child needs a hospital, everything matters."'

