

SCHOOL OF WALK & RUN ACTIVITY TRACKER

Record your child's steps, miles or minutes of activity each week. Return completed tracker to your child's teacher.



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

LA ESCUELA DE CAMINAR Y CORRER: DIARIO DE ACTIVIDAD FÍSICA

Anote los pasos, millas o minutos de actividad física de su hijo cada semana. Devuelva el diario completado al maestro de su niño.



	SEMANA 1	SEMANA 2	SEMANA 3	SEMANA 4	SEMANA 5
DOMINGO					
LUNES					
MARTES					
MIÉRCOLES					
JUEVES					
VIERNES					
SÁBADO					

	SEMANA 1	SEMANA 2	SEMANA 3	SEMANA 4	SEMANA 5
DOMINGO					
LUNES					
MARTES					
MIÉRCOLES					
JUEVES					
VIERNES					
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