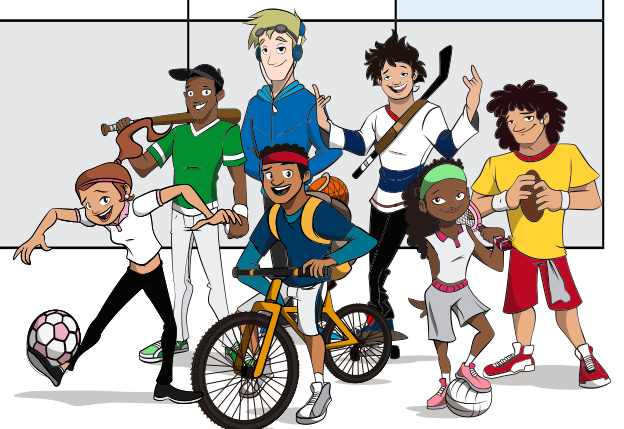




DAILY ACTIVITY CALENDAR

Check the boxes on the calendar after you've reached each day's reading & playing activity goals.

JULY 2022						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 <input type="checkbox"/> Read <input type="checkbox"/> Play	2 <input type="checkbox"/> Read <input type="checkbox"/> Play
3 <input type="checkbox"/> Read <input type="checkbox"/> Play	4 <input type="checkbox"/> Read <input type="checkbox"/> Play	5 <input type="checkbox"/> Read <input type="checkbox"/> Play	6 <input type="checkbox"/> Read <input type="checkbox"/> Play	7 <input type="checkbox"/> Read <input type="checkbox"/> Play	8 <input type="checkbox"/> Read <input type="checkbox"/> Play	9 <input type="checkbox"/> Read <input type="checkbox"/> Play
10 <input type="checkbox"/> Read <input type="checkbox"/> Play	11 <input type="checkbox"/> Read <input type="checkbox"/> Play	12 <input type="checkbox"/> Read <input type="checkbox"/> Play	13 <input type="checkbox"/> Read <input type="checkbox"/> Play	14 <input type="checkbox"/> Read <input type="checkbox"/> Play	15 <input type="checkbox"/> Read <input type="checkbox"/> Play	16 <input type="checkbox"/> Read <input type="checkbox"/> Play
17 <input type="checkbox"/> Read <input type="checkbox"/> Play	18 <input type="checkbox"/> Read <input type="checkbox"/> Play	19 <input type="checkbox"/> Read <input type="checkbox"/> Play	20 <input type="checkbox"/> Read <input type="checkbox"/> Play	21 <input type="checkbox"/> Read <input type="checkbox"/> Play	21 <input type="checkbox"/> Read <input type="checkbox"/> Play	23 <input type="checkbox"/> Read <input type="checkbox"/> Play
24 <input type="checkbox"/> Read <input type="checkbox"/> Play	25 <input type="checkbox"/> Read <input type="checkbox"/> Play	26 <input type="checkbox"/> Read <input type="checkbox"/> Play	27 <input type="checkbox"/> Read <input type="checkbox"/> Play	28 <input type="checkbox"/> Read <input type="checkbox"/> Play	29 <input type="checkbox"/> Read <input type="checkbox"/> Play	30 <input type="checkbox"/> Read <input type="checkbox"/> Play
31 <input type="checkbox"/> Read <input type="checkbox"/> Play						





PHYSICAL PLAY LOG



Name: _____

Goal: 60 Minutes Daily

Day & Date	Activity Minutes	Activity Minutes	Activity Minutes	Total Minutes
Friday 7-1-22	walking 15 min	basketball 30 min	dancing 15 minutes	60 min
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Do one activity for 60 minutes or multiple activities for shorter periods of time and add them together.

Sample Activities

- play basketball
- freeze tag
- play catch
- play touch football
- riding a bike
- skateboarding
- jumping on a trampoline
- dancing
- riding you scooter
- swimming
- walking the dog
- jumping rope
- playing soccer
- sledding
- playing hopscotch
- running
- skating
- play kickball
- flying a kite
- climbing trees
- doing cartwheels
- cleaning your room
- playing tennis
- playing baseball



WEEKLY READING LOG



Goal: 20 Minutes Daily

Name: _____

Finished Book? _____ (Yes or No)

Book: _____

Rate Book: 1 2 3 4 5

Circle a number (1= worst 5 = best)

DATE:		WEEK#	
DAY	START PAGE	STOP PAGE	MINUTES
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

DATE:		WEEK#	
DAY	START PAGE	STOP PAGE	MINUTES
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

DATE:		WEEK#	
DAY	START PAGE	STOP PAGE	MINUTES
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

DATE:		WEEK#	
DAY	START PAGE	STOP PAGE	MINUTES
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			