

Project Heart

Activities for the Classroom

Design a family exercise plan. Set a goal to exercise 3–4 times a week for at least 20 minutes. Set another goal to watch less television and spend less time playing video or computer games. Record the amount of time spent and the type of exercise done (outside of school) and actual TV or gaming time. If you met the time goal for that day, check the box next to the activity. Have your parents initial the sheet each day.

At the end of one week turn your list in to your teacher. Keep up the challenge for 4 weeks and earn a Heart Smart certificate from the Texas Heart Institute.

EXERCISE FAMILY EXERCISE PLAN

Set your goals:

_____ Number of days you will exercise this week.

_____ Number of minutes you will exercise each day.

_____ Number of minutes you will watch TV each day.

_____ Number of minutes you will play computer or video games each day.

	Type of Exercise	Exercise (min)	TV (min)	Games (min)
Sunday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Parent initials

S	M	T	W	T	F	S