Texas Heart® Institute

Project Heart

Activities for the Classroom

Can you exercise everyday for one week?

Challenge yourself to at least 30 minutes of exercise everyday for one week. Use the list of suggested activities as a guide. (It's okay to do other exercises that are not on the list. It's also okay to do the same exercise more than once in the same week.)

When the week is over, 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.

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Nutrition
My Heart-Smart Journal

Date: _____

My Personal Goal: _____

_____

_____

_____

Write the name of your activity and place a check mark under the day(s) of the week you exercised. Write where you exercised as well (home, school, YMCA, park, etc.)

Activity	M	T	W	TH	F	S	S	Place

Suggested Activities

Aerobics
Baseball
Basketball
Biking
Bowling
Brisk walking
Cheerleading
Climbing
Dancing
Football
Golf
Group games
Gymnastics
Jogging
Jumping rope
Lacrosse
Nature walks
Playing in the park
Running
Skating
Soccer
Swimming
Tennis
Tumbling
Working