

# Fire Up Your Feet Participant Paper Tracker

This log is **OPTIONAL**

Activity can also be tracked directly using the online tracker. Participants must track a minimum of one activity to participate in the Challenge. Activity must be entered into the online tracker in order to be counted.

Participant Name:

School:

Grade:

Teacher:

|                     | Date | Category<br>(Circle all that apply)                     | Type of Activity<br>(Can include walking, bicycling, recess, PE, outdoor activities, sports, or any activity that gets kids moving) | Miles<br>(if applicable) | Minutes<br>Logged | Group<br>Name (if tracking as part of a group) |
|---------------------|------|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------|-------------------|------------------------------------------------|
| Saturday and Sunday |      | Outside school                                          |                                                                                                                                     |                          |                   |                                                |
| Monday              |      | To school<br>From school<br>At school<br>Outside school |                                                                                                                                     |                          |                   |                                                |
| Tuesday             |      | To school<br>From school<br>At school<br>Outside school |                                                                                                                                     |                          |                   |                                                |
| Wednesday           |      | To school<br>From school<br>At school<br>Outside school |                                                                                                                                     |                          |                   |                                                |
| Thursday            |      | To school<br>From school<br>At school<br>Outside school |                                                                                                                                     |                          |                   |                                                |
| Friday              |      | To school<br>From school<br>At school<br>Outside school |                                                                                                                                     |                          |                   |                                                |