



LIFE Monthly Goals:

Goal #1 – Be active at least 20 days each month

Goal # 2 – Be active at least 10 hours each month

Name _____

Teacher _____

For the Month of: _____

<i>Date</i>	<i>Activity</i>	<i>Hrs.</i>	<i>Min.</i>
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Total number of days you were active this month			
Total Number of hours and minutes you were active			

For the Month of: _____

<i>Date</i>	<i>Activity</i>	<i>Hrs.</i>	<i>Min.</i>
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30			
Total number of days you were active this month			
Total Number of hours and minutes you were active			