



Student Name _____ Grade _____ Date Started _____

School Name _____

INSTRUCTIONS: Use this form to track your physical activity during the Million Minute Mission School Challenge (February 18th– April 15th). The goal is for you to be active for 30-60 minutes or more a day, for at least 5 days per week.

At the end of the challenge, have a parent or guardian sign the form and then turn it into your teacher to receive your certificate of completion. By participating in the Million Minute Mission, you are helping your school have a greater chance of winning \$1,000 worth of physical activity equipment AND fun raffle prizes.

Turn in this form by **April 20th** to help your school or teacher to become the top school in either the Elementary, Middle, or High School category by logging the highest number of physical activity minutes and enjoy these rewards with your friends, family and teachers. But, most importantly, GET OUT AND GET ACTIVE!

Winners will be announced at the Sound Narrows on Saturday, June 13th. For more information, rules and to log your minutes visit www.millionminutemission.org/school.

Week 1		
Day	Physical Activity	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Week 2		
Day	Physical Activity	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Week 3		
Day	Physical Activity	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Week 4		
Day	Physical Activity	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Week 5		
Day	Physical Activity	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Week 6		
Day	Physical Activity	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Week 7		
Day	Physical Activity	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Week 8		
Day	Physical Activity	# of Minutes
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

Student Signature Date

Parent/Guardian Signature Date

