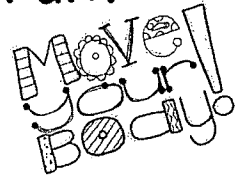




# Linton Elementary—"Play 30" Program

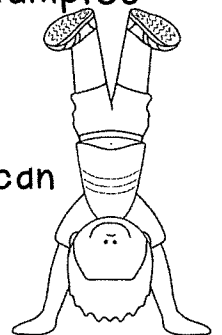


Linton Elementary School's Physical Education Department is sponsoring a "Play 30" Program to encourage students & families to start exercising together at home. This is a movement trying to create an active & healthy generation. We encourage our students to play for 30 minutes, 3 days per week in order to tackle childhood obesity.

Linton Elementary School is trying to take a leadership role in the movement to get our students physically fit and to ensure they get their necessary daily physical activity as recommended by health & fitness experts.

Students are encouraged to do an activity for 30 minutes, 12 times per month. Each student will receive a Play 30 exercise log (on the back of this page) where they can keep track of all physical activity for the month. At the end of the month, students are to turn their exercise logs in to Coach Berns. If they have met the minimum requirements of 360 minutes, they will be entered into a t-shirt drawing. There will be monthly winners!!

Activities can include anything that gets you moving. Examples include: walking, jogging, biking, basketball, swimming, yoga, gymnastics, raking leaves, jumping on a trampoline, soccer, football, baseball, dance, tennis or ANYTHING your family can think of.



# Play 30 Exercise Log



Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

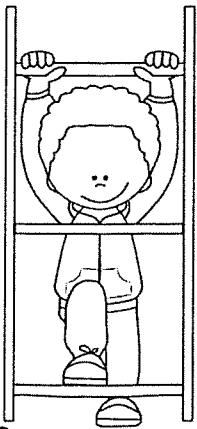
Month: \_\_\_\_\_

Date:

Activity

Exercise Time (mins)

Date:	Activity	Exercise Time (mins)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Total Time Spent Exercising: \_\_\_\_\_ Minutes