

## SAMPLE ALPHABET FITNESS ACTIVITY LOG SHEET

Participant Name: \_\_\_\_\_ Date Started: \_\_\_\_\_

Date Completed: \_\_\_\_\_

Week 1	Activities	# of Minutes or Pedometer Steps
Mon	Introduce kids to Alphabet Yoga	20
Tues	(Print out letters as 8x11 flash cards)	
Wed	Exercise letters A - H	20
Thurs		
Fri	Exercise I - P	20
Sat		
Sun		
Week's total:		60
Participant Signature		Date

Week 2	Activities	# of Minutes or Pedometer Steps
Mon	Exercise Q - Z	20
Tues		
Wed	Exercise all sit down letters	20
Thurs	C, E, G, J, L, N, Q, S, U, V, W, Z	
Fri	Exercise all stand up letters	20
Sat	and letter buddies	
Sun	A, B, D, F, G, H, I, K, M, O, P, R, T, U, X, Y	
Week's total:		60
Participant Signature		Date

Week 3	Activities	# of Minutes or Pedometer Steps
Mon	Do children's initials	20
Tues		
Wed	Do arm WorkOut letters	20
Thurs		
Fri	Do leg WorkOut letters	20
Sat		
Sun		
Week's total:		60
Participant Signature		Date

Week 4	Activities	# of Minutes or Pedometer Steps
Mon	Do AF Team spelling bees	20
Tues	Have kids take turns	
Wed	teaming up to spell out	20
Thurs	<i>it, to, go, fun, mom, etc.</i>	
Fri	with their bodies	20
Sat	Print out simple <b>Word Wall</b>	
Sun	<b>WorkOuts™</b> for the kids to exercise. Copy & send home.	
Week's total:		60
Participant Signature		Date

### Sample Word Wall WorkOuts™

