

Activity Recording Sheet

Student Name: _____ Teacher Name: _____

Week: _____

Date	Activity 1 Time/Miles	Activity 2 Time/Miles	Activity 3 Time/Miles	Total Miles
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Weekly Total of Mileage				

Week: _____

Date	Activity 1 Time/Miles	Activity 2 Time/Miles	Activity 3 Time/Miles	Total Miles
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Weekly Total of Mileage				

Fitness Finders.

Fitness Finders helps teachers and parents promote health and wellness. Use this link that learn of affordable awards and programs that truly motivate students. Fitnessfinders.net

Weekly Total of Mileage

Grand Total
(Combination of both weeks)

Fitness Finders® Exercise Equivalency Chart

The following Equivalency Chart equates a variety of activities to **1 mile of walking/running**.



For Example:
Shoot Baskets for 15 min
= 1 mile of walking/running



Times noted refer to sustained activity at a recreational pace. Just record the time and total miles you are actively involved in an activity on the Recording Sheet to the left.

Jack & Jill 	Aerobics for 15 min	Runner 	Run for 12 min
Biker 	Bike for 2 ¾ miles	Basketball 	Shoot Baskets for 15 min
Thumbs Up 	Clean for 30 min	Swimmer 	Swim for 14 min
Ten Toes 	Dance for 15 min	Jump Award 	Trampoline for 16 min
Swirl Sneaker 	Jump Rope for 10 min	Walker 	Walk for 20 min
Football & Baseball 	Play Catch for 30 min	Elephant 	Lift Weights for 14 min

MORE ACTIVITIES

- Calisthenics for 15 min
- Cook for 30 min
- Frisbee throw for 24 min
- Golf driving range for 24 min
- Gymnastics for 15 min
- Kayak for 17 min
- Lawn Games for 30 min
- Lawn mow for 16 min
- Martial Arts for 10 min
- Paddleboard for 20 min
- Pilates for 20 min
- Pogo Stick for 10 min
- Skate for 13 min
- Swim laps for ¼ mile
- Tennis/Singles for 13 min
- Yoga for 30 min

The Equivalency Chart is from the Mega Mileage Club® created by Fitness Finders, Inc.