



Get Active! Exercise 60 minutes almost every day to:

- keep a healthy weight
- lower your chances of getting certain diseases like diabetes
- feel great

Choose both moderate and vigorous activities, such as:

| Moderate | Vigorous |
|------------|--------------|
| • swimming | • jogging |
| • walking | • basketball |
| • dancing | • biking |

Track your weekly activities here...and enjoy yourself on the move!

| | |
|--|-----------------------------------|
| | Monday _____ _____ _____ |
| | Tuesday _____ _____ _____ |
| | Wednesday _____ _____ _____ |
| | Thursday _____ _____ _____ |
| | Friday _____ _____ _____ |
| | Saturday _____ _____ _____ |
| | Sunday _____ _____ _____ |

Visit <http://www.girlshealth.gov> for more information on fitness, personal safety, healthy relationships, bullying, nutrition, and much more!

