

# "Today I Was Active"

Date: _____ Name: _____ Parents Sign: _____	Date: _____ Name: _____ Parents Sign: _____
Date: _____ Name: _____ Parents Sign: _____	Date: _____ Name: _____ Parents Sign: _____



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	