


FIT & LIT LOG

Name: _____

Classroom: _____

Instructions:
Next to each 30 minute increment, please write the exercise activity completed.

| Minutes | Exercise Activity  |
|------------|---|
| 30 | |
| 60 | |
| 90 | |
| 120 | |
| 150 | |
| 180 | |
| 210 | |
| 240 | |
| 270 | |
| 300 | |
| 330 | |
| 360 | |
| 390 | |
| 420 | |
| 450 | |
| 480 | |
| 510 | |
| 540 | |
| 570 | |
| 600 | |


I verify that my child has completed 600 minutes of exercise.

Parent/Guardian Signature

Name: _____

Classroom: _____

Instructions:
Next to each 30 minute increment, please write the title of the book you read.

| Minutes | Book Title  |
|------------|--|
| 30 | |
| 60 | |
| 90 | |
| 120 | |
| 150 | |
| 180 | |
| 210 | |
| 240 | |
| 270 | |
| 300 | |
| 330 | |
| 360 | |
| 390 | |
| 420 | |
| 450 | |
| 480 | |
| 510 | |
| 540 | |
| 570 | |
| 600 | |

I verify that my child has completed 600 minutes of reading.

Parent/Guardian Signature