

WALK! BIKE! MOVE!

Build some great habits this school year by integrating physical activity into your school day. Not only will these daily practices help you focus and learn, they will also help you feel good.

Begin and end each school day with a walk or bike ride. Maybe you actually do walk or bike to your school and back. You could also walk around your block or bike your favorite route in your neighborhood.

During the school day, use the hourly squares to track your activity. The goal is to get up and move for a few minutes each hour. You can dance, run in place, do jumping jacks—whatever you like. If you need ideas, try this physical activity generator:

<https://www.overstellar.se/random-exercise/>

	WALK OR BIKE "TO SCHOOL"	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	WALK OR BIKE HOME
MONDAY	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED
TUESDAY	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED
WEDNESDAY	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED
THURSDAY	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED
FRIDAY	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I WALKED <input type="checkbox"/> I BIKED

