



Your Name: _____

Be a Super Crew® Fitness Star

Track your fitness for a week!



The Super Crew® Kids love to exercise to be strong and think, look and be their best!

Directions: Color in the parts of your body you strengthened: heart, muscle and/or bone. Then write in the activities you did and the total amount of time you exercised that day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activities	Activities	Activities	Activities	Activities	Activities	Activities
Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes



"I do my best to get 45 minutes of aerobic activity and 15 minutes of bone or muscle exercises to stay strong."

- Andy

The Super Crew's Favorite Exercises



Aerobic

- Brisk walk
- Run
- Biking
- Jump rope
- Playing tag
- Exergames



Muscle

- Gymnastics
- Climbing trees
- Sit-ups
- Push-ups
- Yoga

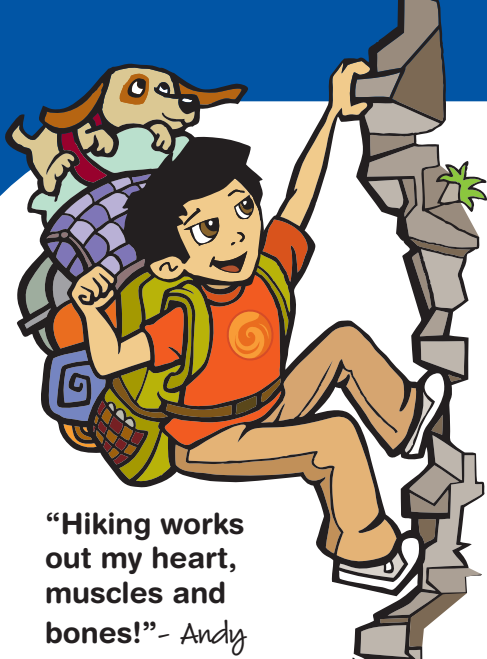


Bone

- Run
- Jump rope
- Soccer
- Basketball
- Tennis

Favorite activities I included this week:

One new activity that I want to try next week:



“Hiking works out my heart, muscles and bones!”- Andy

What does exercise do for you and your body?

- Promotes a fit and healthy body
- Pumps up energy so you can play harder
- Keeps sickness away
- Boosts your mood
- Helps maintain or achieve a healthy weight
- Builds your muscles
- Gives you fun ways to move!



“Aim for at least 60 minutes of exercise each day!”

-Kira

Draw a picture of yourself doing your favorite exercise.

What are 3 exercises that are good for either your muscle or bones?

1. _____
2. _____
3. _____

What are 3 exercises that are good for your heart:

1. _____
2. _____
3. _____



Kira loves to dance. Do you dance?

Yes No

What's your favorite dance move?

“Daily exercise feels great!”

-Super Baby Abigail



Visit www.aicr.org and www.superkidsnutrition.com to learn how to make healthy eating and living choices and for more fun activities with the Super Crew.