

F.I.T.T. Journal (Grades 5-8) PE Mrs. Lanham

Frequency.Intensity.Time.Type.

Note to Parents:

- Make time to be active. School-aged youth should participate every day in 60 minutes or more of moderate to vigorous physical activity that is right for their age, enjoyable, and involves a variety of activities.
- Limit sedentary activities. These are activities where you're sitting down a lot, like watching TV, using the computer, or playing video games. Spend no more than 2 hours per day in front of a screen.
- Keep an activity log. The use of activity logs can help children and teens keep track of their exercise programs and physical activity. Focus on the positive. Praising participation over winning and encouraging positive behaviors are important, especially if a child is less active and interested in sports.
- Be a role model. Parents are powerful role models and can help shape a child's perception of exercise.