

Blank Log 1: Early Years

Log #1 is for the Early Years and lists activity examples you and your infant, toddler or preschooler could be doing everyday to be physically active. Try to check as many boxes as you can every day!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
INFANT 0-6 MONTHS	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Tummy time <input type="checkbox"/> Interactive play <input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Rolling <input type="checkbox"/> Going outdoors
INFANT 6-12 MONTHS	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors	<input type="checkbox"/> Reaching <input type="checkbox"/> Grasping <input type="checkbox"/> Pushing/Pulling <input type="checkbox"/> Rolling <input type="checkbox"/> Crawling <input type="checkbox"/> Interactive play with others <input type="checkbox"/> Going outdoors
TODDLER 1-2 YEARS	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors	<input type="checkbox"/> Crawling <input type="checkbox"/> Walking <input type="checkbox"/> Running <input type="checkbox"/> Dancing <input type="checkbox"/> Climbing stairs <input type="checkbox"/> Playing outdoors
PRESCHOOLER 3-4 YEARS	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play	<input type="checkbox"/> Hopping/Skipping <input type="checkbox"/> Running <input type="checkbox"/> Jumping <input type="checkbox"/> Dancing <input type="checkbox"/> Bike riding <input type="checkbox"/> Playing outdoors & exploring <input type="checkbox"/> Playing with balls <input type="checkbox"/> Learning sports <input type="checkbox"/> 60 minutes of energetic play