

# Weekly Exercise and Sleep Log

Week Of	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Activity #1							
Physical Activity #2							
Physical Activity #3							
Physical Activity #4							
Total Physical Activity							
Sleep Time							

Student Name & Grade: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

**The daily recommendation for physical activity for children 6 years and older is at least 60 minutes per day. Active play is the best exercise for younger children. The 60 minutes does not need to be done all at once. Physical activity can be broken down into shorter blocks of time.** (American Academy of Pediatrics, 2020, <https://www.healthychildren.org/English/healthy-living/fitness/Pages/Energy-Out-Daily-Physical-Activity-Recommendations.aspx> )

**Instructions for PK through 1<sup>st</sup> grade students:**

- Enter date for the week in the upper left corner. Enter the student name and grade at the bottom of the log.
- For every 15 minutes of activity, log the activity by placing a sticker in the box under the correct day and activity.
- For each night the recommended amount of sleep is achieved place a sticker under the appropriate day.
- Once log is complete, parent should sign the form and student should turn in to their teacher.

**Instructions for 2<sup>nd</sup> through 8<sup>th</sup> grade students:**

- Enter date for the week in the upper left corner. Enter the student name and grade at the bottom of the log.
- For every 15 minutes of activity, write the name and amount of time spent doing the physical activity in the box under the correct day and activity.
- Next to the sleep time and under the appropriate day, write the amount of time spent sleeping.
- Once log is complete, parent should sign the form and student should turn in to their teacher.

**Ideas for Physical Activity:**

- Recess, PE
- Afterschool Sports
- Walk with family
- Walk your dog
- Riding your bike, skateboard
- Skating
- Swimming, playing in the pool
- Playing tag or other physical activity games

**Recommended Amount of Sleep for Pediatric Populations\***

Age	Recommended Sleep Hours per 24 Hour Period
<b>Infants:</b> 4 to 12 months	12 to 16 hours (including naps)
<b>Toddlers:</b> 1 to 2 years	11 to 14 hours (including naps)
<b>Preschoolers:</b> 3 to 5 years	10 to 13 hours (including naps)
<b>Gradeschoolers:</b> 6 to 12 years	9 to 12 hours
<b>Teens:</b> 13 to 18 years	8 to 10 hours

\*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).  
Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.