Movement Tracker: Scholars can make their own movement tracker using a pencil and a ruler

| DAY | Exercise | How many times | Start Time | End Time | Movement Time |
|---|---|---|---|---|---|
| Example:<br>Thursday 3/19 | Jumping jacks<br>Push ups<br>Jump rope | 35<br>30 | 9:00am<br>9:10am<br>9:25am | 9:05am<br>9:20am<br>9:30am | 5 minutes<br>10 minutes<br>5 minutes |
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| Other activities: Take a walk / jog around the block or yard, play catch, hula hooping, |
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