



## Healthy Futures Youth Activity/Fitness Log

We've improved our log and now teachers/coaches/volunteers have a choice of several different logs to use:

- The basic four-week activity log
- One week logs in either activity or fitness formats
- Two formats of a more comprehensive four-week fitness log for older students

We invite you to join us!

**Logs can be downloaded at:**

**[www.asdk12.org/HealthyFutures/ActivityLog.asp](http://www.asdk12.org/HealthyFutures/ActivityLog.asp)**