

Hello Parents/Guardians,

Your child in grade 3<sup>rd</sup> to 5<sup>th</sup> will participate in moderate to vigorous activity for 45 mins a day. Examples are: walking, running, yoga, biking, hiking and dancing. To meet the SPARK requirement, keep a log to record of your child's daily physical activity.

<h2>Activity Log</h2>
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<b>Date</b>	<b>Type of Activity</b>	<b>Duration of Activity (mins)</b>	<b>Workout (moderate, medium and vigorous)</b>
Monday 03/30/20			
Tuesday 03/31/20			
Wednesday 04/01/20			
Thursday 04/02/20			
Friday 04/03/30			