



Activity Tracker

NAME

WEEK 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
60 min							
45 min							
30 min							
15 min							

WEEK 2

	MON	TUES	WED	THURS	FRI	SAT	SUN
60 min							
45 min							
30 min							
15 min							

PLAY 60 is the National Football League's campaign to encourage kids to be active for 60 minutes a day in order to help reverse the trend of childhood obesity.

At Texas Children's Hospital, we are proud to support the PLAY 60 program. Alongside the Houston Texans, we are teaming up to help further the PLAY 60 message to kids across Houston.

Visit texaschildrens.org/texans to learn more about PLAY 60 and other initiatives.



Texas Children's
Hospital®

To participate in the PLAY 60 challenge, use this tracker to measure how much you're on the move!

1. Post this tracker somewhere in your home.
2. Get active for at least 60 minutes a day.
3. Shade the football to track your daily activity.
4. Print this activity tracker every 2 weeks until physical activity becomes a habit.