

# HEALTHY HIKE

APRIL 2009  
IPTV.ORG

**KIDS** – use this chart to keep track of the number of minutes you move and read during the month of April. Then, in May, hike to your local library to celebrate all of your accomplishments by checking out a good book!



Write the number of minutes you walk or move under the column with the foot prints.



Write the number of minutes you read under the column with the letter “A”.



Iowa Public Television  
&  
Iowa Department of Public Health

Friday April 3		
Saturday April 4		
Sunday April 5		
Monday April 6		
Tuesday April 7		
Wednesday April 8		
Thursday April 9		
<b>TOTAL</b> For week 2		

Friday April 10		
Saturday April 11		
Sunday April 12		
Monday April 13		
Tuesday April 14		
Wednesday April 15		
Thursday April 16		
<b>TOTAL</b> For week 3		

Friday April 17		
Saturday April 18		
Sunday April 19		
Monday April 20		
Tuesday April 21		
Wednesday April 22		
Thursday April 23		
<b>TOTAL</b> For week 4		

Friday April 24		
Saturday April 25		
Sunday April 26		
Monday April 27		
Tuesday April 28		
Wednesday April 29		
Thursday April 30		
<b>TOTAL</b> For week 5		



Wednesday April 1		
Thursday April 2		
<b>TOTAL</b> For week 1		

Name \_\_\_\_\_ Grand Total \_\_\_\_\_ Grand Total **A** \_\_\_\_\_