Students can log anything that they did each day to their weekly fitness logs. It too can be anything you did that is physical. It can be anything for skiing, snowboarding, ice skating, walking the dog, taking my little brother for a walk to give my parents a break, hauling wood for our fireplace, or jogging. Don't stress about what you do, just do something and get moving!

Let me know what you are doing, I care and I am interested to know what you have been doing.

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