



KENTUCKY DIABETES NETWORK, Inc.

Kentucky  
Kids Move  
it!





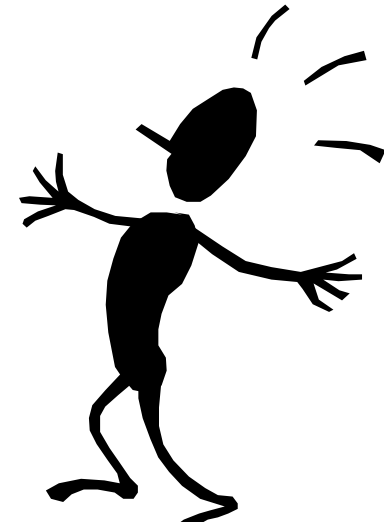
## Rules for Contest

1. In order to participate, both the student and student's school should complete their entry/consent forms before starting.
2. Minutes of physical activity may be recorded in this log book though it is not required.
3. The contest deadline is March 15, 2007. Physical activity minutes may be counted for the contest during any period between now and the deadline.
4. Only periods of physical activity lasting a minimum of 10 minutes or more may be counted.
5. Any type of physical activity may be counted. Examples include walking, running, riding a bike, dancing, playing ball, etc.
6. If your physical activity is at home, the park, etc. be sure to get an adult to sign in the log book the amount of time and where you exercised. Please use the honor system.
7. Physical activity may be done both weekdays and weekends, inside or outside. Be sure however that you are safe and you may need an adult with you.
8. Parents and teachers are invited to join, but only student minutes may be counted toward the contest.
9. To compete for prizes completed school and student entry/consent forms should be mailed to the provided address by the deadline with the total number of minutes of physical activity recorded in the appropriate box.
10. The School with the highest number of



## Reasons for a Log Book

A log book is a way for you to remember and record your daily physical activities. The log book can also be used like a journal. Sometimes new ideas come into your mind while you are moving and this can be a place to write down those thoughts. Henry David Thoreau, a famous writer, wrote down many ideas after walking including "When



## Physical Activity is Important

- Diabetes has reached epidemic proportions today. Health care providers are finding more and more children and teens with type 2 diabetes, a disease usually seen in people over age 40!
- Being active along with eating healthy are very important components to preventing type 2 diabetes.
- It is recommended that children and adolescents participate in at least 60 minutes of moderate physical activity most days of the week, preferably daily.
- You will feel stress free and energized after you establish a regular physical activity routine.
- Also get your parents to join you in this adventure, because they need physical activ







Weekly Log  
Week of \_\_\_\_\_

Number of Minutes							
Notes							

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Type of Physical Activity							

Make additional copies of the log as



Weekly Log  
 Week of \_\_\_\_\_

Number of Minutes							
Notes							

Day	Type of Physical Activity
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	



Weekly Log  
 Week of \_\_\_\_\_

Notes							

Weekly Log  
Week of \_\_\_\_\_

Day	Type of Physical Activity	Number of Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		



Weekly Log  
Week of \_\_\_\_\_

Day	Type of Physical Activity	Number of Minutes	Notes
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Day	Type of Physical Activity	Number of Minutes	Notes
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Once you have completed the *Kentucky Kids Move It!* Contest, add up your total number of minutes and record below and on your entry/consent form and mail to the provided address before the deadline.

Thank you for participating in  
the *Kentucky Kids Move It!*  
Contest.

<sup>12</sup> You should be very  
proud of your progress.