

Play60 CHALLENGE

American Heart
Association 
Learn and Live

GAME PLANNER



A PROGRAM OF

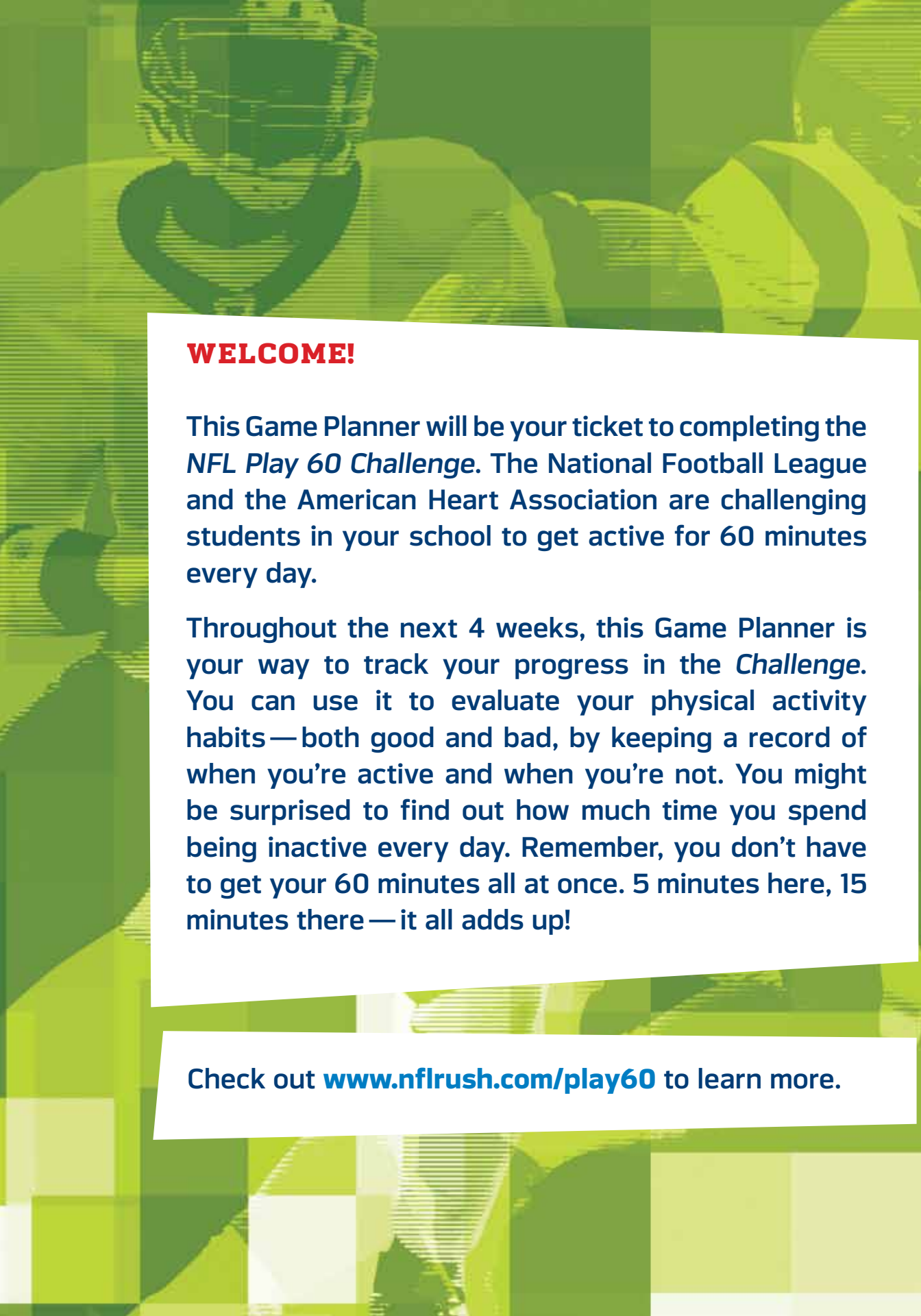


THE NFL MOVEMENT FOR AN ACTIVE GENERATION

NAME:

GRADE / CLASS:





WELCOME!

This Game Planner will be your ticket to completing the *NFL Play 60 Challenge*. The National Football League and the American Heart Association are challenging students in your school to get active for 60 minutes every day.

Throughout the next 4 weeks, this Game Planner is your way to track your progress in the *Challenge*. You can use it to evaluate your physical activity habits—both good and bad, by keeping a record of when you're active and when you're not. You might be surprised to find out how much time you spend being inactive every day. Remember, you don't have to get your 60 minutes all at once. 5 minutes here, 15 minutes there—it all adds up!

Check out www.nflrush.com/play60 to learn more.

GET STARTED

It doesn't matter how you move, as long as you are active for at least 60 minutes every day. Getting physically active until you're breathing hard or sweating can have many positive effects on your body, both now and in the future. Not only will you look and feel better now, but you can reduce your risk of developing future health problems that could really slow you down.

Getting physically active should be fun. Try different activities over the next several weeks and find out what works for you. Participating in the *NFL Play 60 Challenge* is a first step toward making a lifelong commitment to an active lifestyle.

If you aren't very active right now, start slow and build up. Remember, you don't have to get your 60 minutes all at once—break it up into shorter sessions that add up to 60 minutes a day.

Here are some good tips to remember along the way:

1 Warm up before you begin a workout. For example, if you're going to be running, start with walking. Walking fast and then jogging will get your blood pumping.

2 Stretch at the end of your workout to reduce the chance of injury and keep your muscles flexible.

DID YOU KNOW? Regular stretching can actually help improve your sense of balance, which can improve coordination and athletic performance.

3 Water is your friend—remember that being physically active increases your body's need to stay hydrated. Try to drink 8 cups every day to maximize your performance.

4 Invite a friend—you might have more fun if a friend is there to join in.

5 Stay interested by mixing it up—try lots of different activities to keep from getting bored.

6 Write it down—use your Game Planner to track your activities every day. Writing it down is a great way to monitor your progress and stick to your goals.

What Moves Me?

In the space below set a goal for yourself to work on as you participate in the *NFL Play 60 Challenge*, or identify why completing the *Challenge* is important to you:



.....

.....

.....

.....

.....

Participating in the *NFL Play 60 Challenge* means committing to getting active for 60 minutes every day—30 minutes in school and 30 minutes after school. Your teachers will help you get 30 minutes at school, but getting active at home may be up to you sometimes. They'll assign some after school activities, but you can also use the lines below to write down a few of your own ideas about things you can do at home to increase your physical activity (for example, walk my dog every day, go for a bike ride before starting homework, walk to school two days a week).

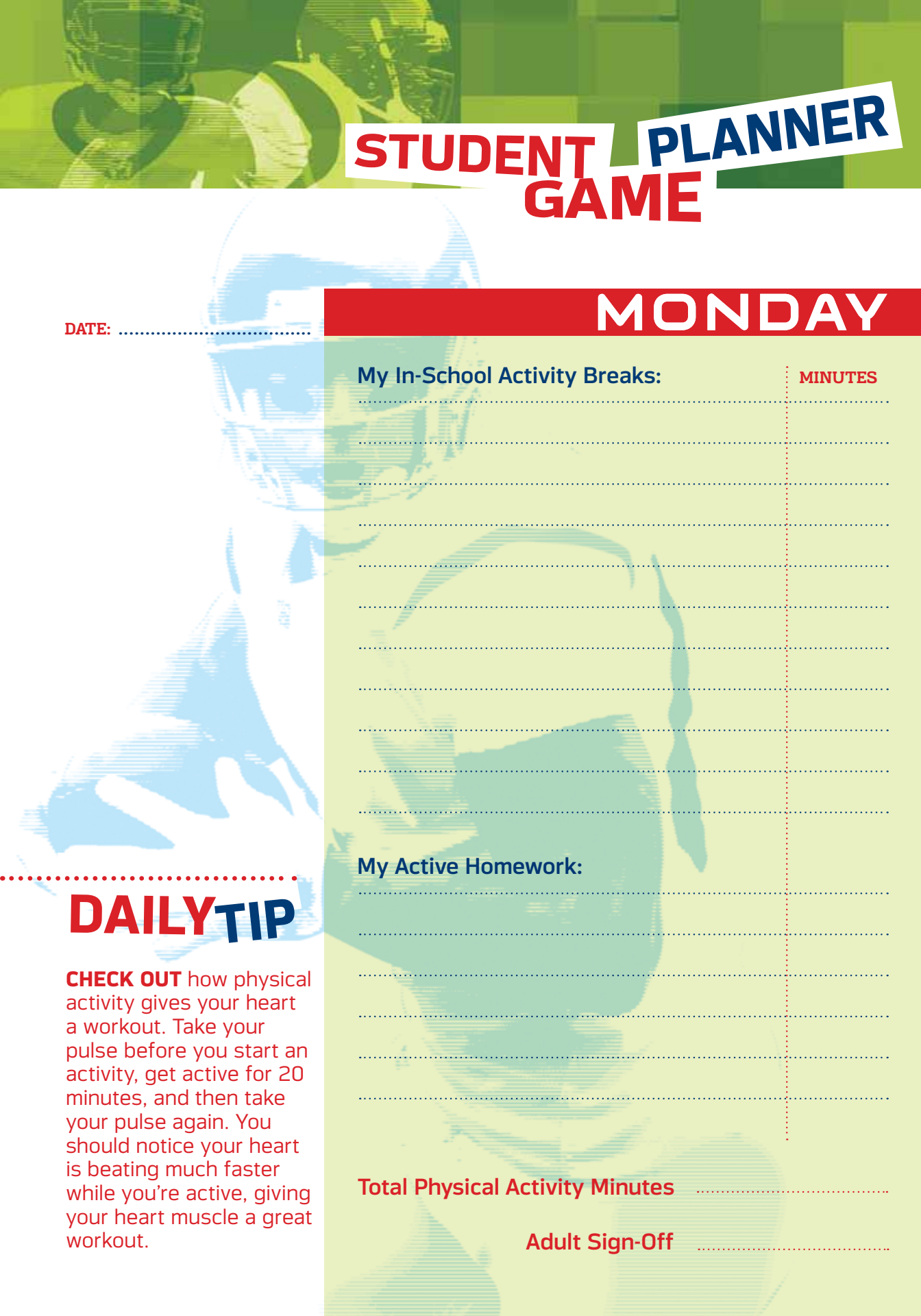
.....

.....

.....

.....

.....



STUDENT **PLANNER** GAME

DATE:

MONDAY

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

DAILY TIP

CHECK OUT how physical activity gives your heart a workout. Take your pulse before you start an activity, get active for 20 minutes, and then take your pulse again. You should notice your heart is beating much faster while you're active, giving your heart muscle a great workout.

Total Physical Activity Minutes

Adult Sign-Off

TUESDAY

My In-School Activity Breaks:

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

BUILD UP ENDURANCE.

Don't expect to become a pro overnight. Set a goal and work towards it by pushing yourself a little harder every day or every week.

Start now! Assess your strength and endurance by seeing how many sit-ups, push-ups, and lunges you can do right now!



DATE:

WEDNESDAY

DAILY CHALLENGE

TAKE THE LONG WAY
every time you do something. Skip the short cuts, take the stairs, park a little farther away to add extra physical activity into your day.

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

THURSDAY

My In-School Activity Breaks:

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

IMPROVE HAND EYE COORDINATION.

Practice throwing a tennis ball, hacky sack, or even a paper ball in the air and catching it to improve your skills on the field.



DATE:

FRIDAY

**DAILY
CHALLENGE**

HELP OUTSIDE
at home or at a community
park. Pick up trash and
help take care of the
earth.

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

SATURDAY/SUNDAY

My Weekend Activity:

MINUTES

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

KNOW THE LONG TERM BENEFITS of working out.

In addition to improving the way you look and feel now, an active lifestyle can reduce your chances of health problems when you're older.



DATE:

MONDAY

DAILY CHALLENGE

SEE WHAT IS AVAILABLE AROUND TOWN.

Is there a bowling alley, swimming pool, batting cage or miniature golf course around? Grab some friends and go!

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

STUDENT GA

PLANNER

TUESDAY

DATE:

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

DRINK LOTS OF WATER.

Not drinking enough water can slow you down. Your game will be at its best if you stay properly hydrated – aim for 8 cups of water every day.



DATE:

WEDNESDAY

DAILY CHALLENGE

GO SCREENLESS—
Make it a no computer,
video game or TV day.

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

STUDENT PLANNER GAME

THURSDAY

DATE:

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

STEP IT UP—take the stairs instead of riding the elevator. Make it a no-car day by walking or riding your bike. Not only is it good for your body, but good for the environment.



DATE:

FRIDAY

DAILY CHALLENGE

BACK TO BASICS—Think back to some of the activities you enjoyed as a little kid. Pick up that jump rope, go for a bike ride, or play hopscotch.

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

SATURDAY/SUNDAY

My Weekend Activity:

MINUTES

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

BEAT BOREDOM by finding new ways to stay active. Try something adventurous like hiking or rock climbing, or something calming like yoga or tai chi.



DATE:

MONDAY

**DAILY
CHALLENGE**

GATHER neighborhood friends and family to participate in an organized team sports event or fun field day.

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

STUDENT PLANNER GAME

TUESDAY

DATE:

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

SUPPORT FROM FRIENDS can help keep you motivated to stay active. Go grab a buddy or two and commit to stay active together.



DATE:

WEDNESDAY

DAILY CHALLENGE

HOMEWORK STRESSING YOU OUT?

Take a break. Breathe, stretch, rest your eyes and move your body before picking the books back up.

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

STUDENT GA

PLANNER

THURSDAY

DATE:

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

EAT TO WIN. Focus on healthy eating habits that can actually improve your athletic performance.



DATE:

FRIDAY

**DAILY
CHALLENGE**

BABYSITTING
or playing with your
younger siblings can
keep you on your toes.
Wear them out with lots
of activity.

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

SATURDAY/SUNDAY

My Weekend Activity:

MINUTES

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

BRAIN FOOD—experts say physical activity can actually improve memory and decision-making skills.



DATE:

MONDAY

**DAILY
CHALLENGE**

**TURN YOUR AVERAGE
CARD OR BOARD GAME**
into a physical challenge
by adding action moves
to the rules.

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

TUESDAY

My In-School Activity Breaks:

This image shows a standard sheet of primary-ruled notebook paper. It features a series of evenly spaced horizontal blue lines across its entire surface. A single vertical red line runs down the right side of the page, creating a margin. The paper itself is white and appears slightly aged or off-white. There are no markings, text, or drawings on the page.

My Active Homework:

[illegible]

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

WARM UP BEFORE EXERCISING.

Ease into higher activity levels by walking for 10 minutes to warm up your muscles before jogging.

DATE:

WEDNESDAY

DAILY CHALLENGE

BLAST FROM THE PAST.

Ask your parents to play some of their favorite games from growing up. Try out Red Rover, Kick the Can, or Steal the Bacon.

My In-School Activity Breaks:

MINUTES

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off

THURSDAY

My In-School Activity Breaks:

My Active Homework:

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

PAY ATTENTION TO THE BENEFITS.

As a family, talk about the changes you're noticing from being active together. Are you sleeping better? Concentrating better? In a better mood?



DATE:

FRIDAY

**DAILY
CHALLENGE**

TV CHALLENGE

Get your heart pumping during commercial breaks with a short workout routine (push-ups, crunches, squats, jumping jacks, etc). Try to do as many as you can during the break.

My In-School Activity Breaks:

MINUTES

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

My Active Homework:

.....	
.....	
.....	
.....	
.....	
.....	
.....	
.....	

Total Physical Activity Minutes

Adult Sign-Off

SATURDAY/SUNDAY

My Weekend Activity:

MINUTES

Total Physical Activity Minutes

Adult Sign-Off

DAILY TIP

DO 5-10 MINUTE BURSTS
of physical activity
throughout the day to
reach your daily 60 minutes.

If your teacher is collecting your weekly minutes, use this week-by-week log. Simply fill out and turn it in!

CUT HERE

WEEK
2

NFL Play 60 Challenge Weekly Minutes Log

American Heart
Association
Learn and Live

NAME

GRADE / CLASS:

ADULT SIGN-OFF

MONDAY
MINUTES:

THURSDAY
MINUTES:

TUESDAY
MINUTES:

FRIDAY
MINUTES:

WEDNESDAY
MINUTES:

SAT / SUN
MINUTES:

WEEK
2

Total Physical
Activity Minutes:

CUT HERE

WEEK
1

NFL Play 60 Challenge Weekly Minutes Log

American Heart
Association
Learn and Live

NAME

GRADE / CLASS:

ADULT SIGN-OFF

MONDAY
MINUTES:

THURSDAY
MINUTES:

TUESDAY
MINUTES:

FRIDAY
MINUTES:

WEDNESDAY
MINUTES:

SAT / SUN
MINUTES:

WEEK
1

Total Physical
Activity Minutes:

If your teacher is collecting your weekly minutes, use this week-by-week log. Simply fill out and turn it in!

CUT HERE

WEEK
4

NFL Play 60 Challenge Weekly Minutes Log

American Heart
Association
Learn and Live

NAME

GRADE / CLASS:

ADULT SIGN-OFF

MONDAY
MINUTES:

THURSDAY
MINUTES:

TUESDAY
MINUTES:

FRIDAY
MINUTES:

WEDNESDAY
MINUTES:

SAT / SUN
MINUTES:

WEEK
4

Total Physical
Activity Minutes:

CUT HERE

WEEK
3

NFL Play 60 Challenge Weekly Minutes Log

American Heart
Association
Learn and Live

NAME

GRADE / CLASS:

ADULT SIGN-OFF

MONDAY
MINUTES:

THURSDAY
MINUTES:

TUESDAY
MINUTES:

FRIDAY
MINUTES:

WEDNESDAY
MINUTES:

SAT / SUN
MINUTES:

WEEK
3

Total Physical
Activity Minutes:



Congratulations! You've completed your last *NFL Play 60 Challenge* entry —but we hope it is only the beginning of a lifelong commitment to being physically active!

You can take the lessons and activities you've learned with you throughout the school year and beyond. If you want to continue to track your progress on your own, feel free to download additional Game Planners at www.nflrush.com/play60. Our website is filled with great ideas, fun games and exciting ways to be physically active and to stay involved with the NFL.

www.nflrush.com/play60



A PROGRAM OF

American Heart
Association 
Learn and Live



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

THE NATIONAL FOOTBALL LEAGUE AND THE AMERICAN HEART ASSOCIATION ARE PROUD TO WORK TOGETHER
TO PRODUCE THE NFL PLAY 60 CHALLENGE