

INDIVIDUAL TRACKING SHEET



THE GREAT PRAIRIE RACE

Included is a list of activities converted to the approximate distance moved. Students, keep track of your physical activities outside of school hours and add to your class total by submitting this sheet (verified and initialed by a parent/guardian) to the teacher before February 28. For other activities, make your best estimate.

Activity	15 Minutes	30 Minutes	1 Hour
Shoveling Snow	1.5 km	3 kms	6 kms
Building Snow Fort	1 km	2 kms	4 kms
Building Snowman	1 km	2 kms	4 kms
Skating (Easy)	1 km	2 kms	4 kms
Skating (Moderate)	1.5 kms	3 kms	6 kms
Pond Hockey	2 kms	4 kms	8 kms
Tobogganing	1.5 kms	3 kms	6 kms

Thank you for your participation!

Name :
Grade :



THE GREAT PRAIRIE RACE

Date	Distance (km)
Feb. 1	
Feb. 2	
Feb. 3	
Feb. 4	
Feb. 5	
Feb. 6	
Feb. 7	
Feb. 8	
Feb. 9	
Feb. 10	
Feb. 11	
Feb. 12	
Feb. 13	
Feb. 14	
Feb. 15	
Feb. 16	
Feb. 17	
Feb. 18	
Feb. 19	
Feb. 20	
Feb. 21	
Feb. 22	
Feb. 23	
Feb. 24	
Feb. 25	
Feb. 26	
Feb. 27	
Feb. 28	
Feb. 29	

Parent/Guardian initials: _____