



High School

Home Connection

Balancing Your Body Budget

Dear _____,

Today in class, we learned about ways to keep our bodies healthy, with a focus on exercising.

To help your student understand their physical activity level, we're asking them to keep track of their exercise for a week and see if there are any changes they need to make.

	Length of Exercise	Activity	Feelings
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

For additional information, check out the free resources from the Presidential Youth Fitness Program at: <https://pyfp.org/storage/app/media/documents/parent-guide.pdf>.

Please do not hesitate to reach out with any questions or concerns.

Best,
