

Grades 4-8

March Madness Fitness Challenge Tracker Worksheet

Name: _____
March Madness Team name: _____

Directions: Try to get at least a few minutes of exercise each day, then log your activity into the worksheet. Each day of exercise will count as a point for your March Madness team. Must be for at least 30 minutes a day, or must perform at least 3 exercises to score a point for your team.

