



# Movin' and Munchin' Schools ACTIVITY CHART



<u>Activity</u>	<u>Movin' and Munchin' Miles Earned Per 15 Minutes of Activity</u>
Walk	1
Walk with a family member	2 for each person
Mall walk with an older adult	2 for each person
Bike	1
Play tennis	2
Swim laps	2
Rollerblade	1
Mow your lawn	1
Mow a neighbor's lawn (without pay)	2
Play soccer	1.5
Dance	1
Jump rope	3
Play basketball	2
Play volleyball	2
Shovel your driveway	1.5
One week without TV	10
Shovel a neighbor's driveway (without pay)	3
Night games such as kick the can	1
Participate in "Jump Rope for Heart" or "Hoops for Heart"	5
Other moderate activity approved by your teacher	1
Other vigorous activity approved by your teacher	1.5