



FITNESS LOG

Color in each section along the path to Raging Waves for each 30 minutes of exercise that you complete.

Please return your completed log to your teacher by Monday, April 6, 2020.

What types of exercise did you do?

Student's First Name Last Name Grade

Parent's Signature Date

Teacher's Name

Earn a FREE JUNE Admission to Raging Waves Waterpark this Summer!



Three easy steps for kids in Kindergarten through 8th grade to get started:

Step 1: Ask your teacher (or your PE teacher) for a fitness log and start keeping track of your exercise starting February 10th. Color in one item on the fitness log for every 30 minutes you exercise.

Step 2: After you have completed 25 hours of exercise, turn in your completed fitness log to your teacher by April 6th. Don't forget to have mom and dad sign it!

Step 3: Get your exclusive Raging Waves discounts from your teacher before the end of May. Come out to Raging Waves and PICK ONE of the following offers: ONE FREE admission ticket valid JUNE ONLY (5/30/20 - 06/30/20) or a \$10 OFF discount on a one day admission (07/01/20 - 09/07/20).

Join the "Plunge Into Fitness" program today.
It's simple... and fun!



February 10 - April 6

Exercise 30 minutes per day for a total of 25 hours.

You can do any kind of exercise: walking, biking, playing team sports, swimming, skateboarding, jumping rope....

ragingwaves.com

Located South of I-88 on IL Rt. 47 in Yorkville