

Activity Tracking

Things to think about:

What did you do at break and lunchtime? (run around, played football, lunchtime club)

How did you get to school or friends or an activity club? (walk, cycle)

Did you do any chores around the house? (clean car, Hoover, dusting)

Did you have an afterschool club? (football, rugby, gym, dance)

	AM	PM	Total Time: Aim = 60 mins/day
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

TOP TIPS

Try and walk around for at least 10 minutes every hour.

Get moving at break and lunch times in the fresh air

Make up your own mini workout at home or use the internet (YouTube)