

List all the different ways you have been physically active this week.

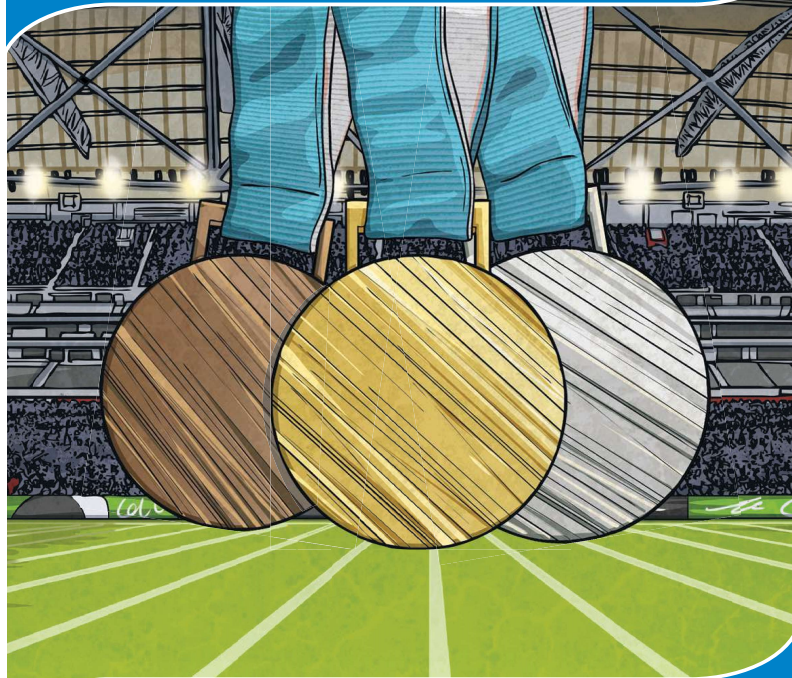
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What was your favourite activity?



My Exercise Log

Name: _____



Exercise Log

How many minutes of physical activity do you do every day?

Children and young people should aim to do an average of at least 60 minutes of physical activity a day, across the week.

What type of physical activity?

You should aim to do two types of physical activity throughout the week. These should include both aerobic exercises and exercises to strengthen your muscles and bones. These include:

skipping	football
riding a bike or scooter	walking the dog
skateboarding	tagging games
aerobics or a workout	running
dancing	martial arts

You should also try to reduce the amount of time you spend sitting or lying down and break up long periods of not moving with some activity.

Try spreading the activity throughout the day.

All activities should make you breathe faster and feel warmer.

Total time spent being physically active this week

Use this Exercise Log to record how much physical activity you do in a week.

	The Physical Activity You Did	Time Spent Being Active
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		