

Physical Activity Tracker

1

Every day, cross off or shade in a circle each time you do 10 minutes of activity.

2












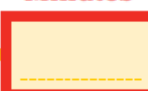


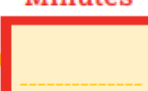




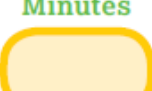


If you do more than 60 minutes on a day, write your extra minutes in the big yellow box.

3

At the end of the week, add up your total minutes of activity.

4

Write down all the activity you do during the week in the boxes.

| MONDAY | Extra Minutes | Total Minutes |
|---|--|---|
|  |  |  |
| TUESDAY | Extra Minutes | Total Minutes |
|  |  |  |
| WEDNESDAY | Extra Minutes | Total Minutes |
|  |  |  |
| THURSDAY | Extra Minutes | Total Minutes |
|  |  |  |
| FRIDAY | Extra Minutes | Total Minutes |
|  |  |  |
| SATURDAY | Extra Minutes | Total Minutes |
|  |  |  |
| SUNDAY | Extra Minutes | Total Minutes |
|  |  |  |
| <p>Well done!</p> | <p>WEEKLY TOTAL</p> |  |