

List all the different types of physical activity you have done this week. This could include playing in the garden, following exercise videos or any physical games you have played.

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

My Exercise Log

Name: _____

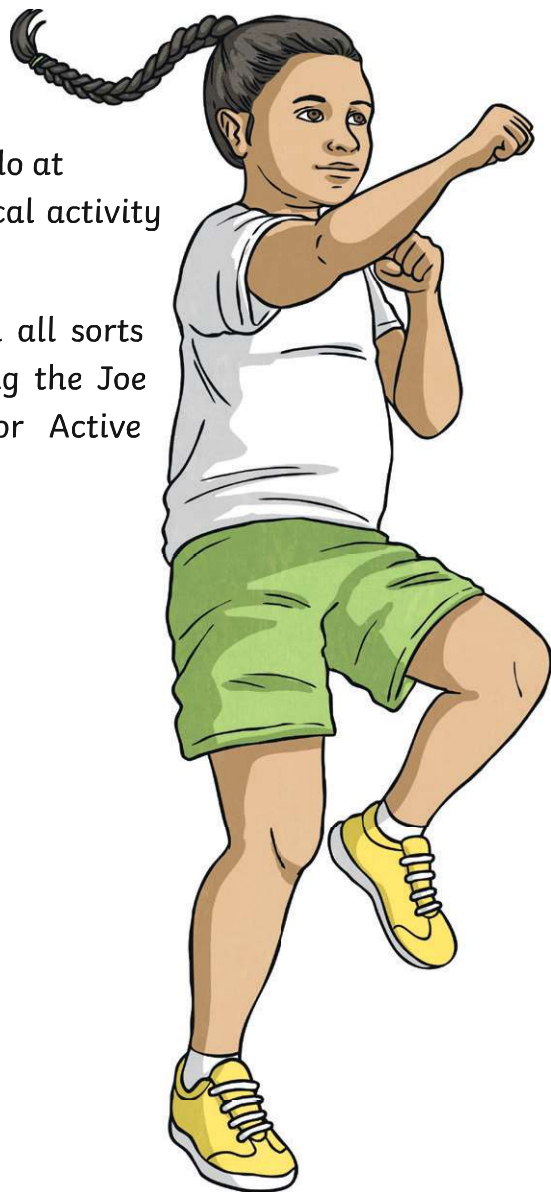


Exercise Log

How many minutes of exercise do you do every day?

It is important to try and do at least 60 minutes of physical activity a day.

This can be done through all sorts of activities, such as doing the Joe Wicks 5-Minute Moves or Active 8-Minute Workouts.



	Morning	Afternoon	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			