











Physical Activity Log

Name: _____

Fit4Skool

School: _____

Date & Day		Activity No. Of Minutes	Activity No. Of Minutes	Activity No. Of Minutes	Activity No. Of Minutes
Tuesday 27/04/2016		Football 40mins	Walked the dog 15mins	Dance class in school 20mins	Break time games 10mins
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Run

Target is **60** Minutes Daily

Colour in the star everyday you have reached the target.