List all the different types of physical activity you have done this week. This can include walking to or from school, playing football or tag at playtime or any sport you have done in your PE lesson.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

My Exercise Log

Name:

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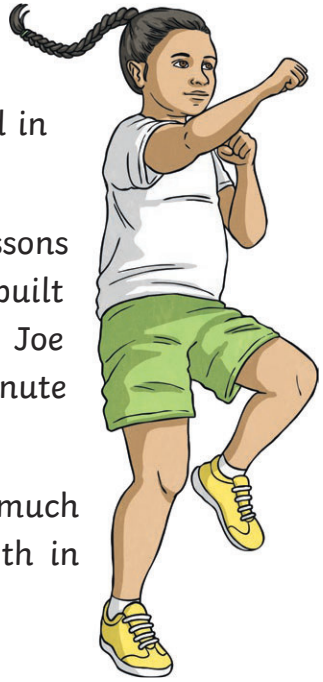
Exercise Log

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, 30 minutes of which could be completed in school time.



This can be done through your PE lessons as well as any other physical activity built into the school day, such as doing the Joe Wicks 5-Minute Moves or Active 8-Minute Workouts.

Use this Exercise Log to record how much physical activity you do in a week, both in and out of school.

Total time during school hours	

Total time out of school hours	

	During School Hours	Out of School Hours	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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