## **ACTIVITY TRACKER**





**HOW MUCH SHOULD WE BE MOVING?** 

**TOP 3 TIPS:** 

TIP 1

Find one way to

move more every day

LET'S GET MOVING WITH OUR ACTIVITY TRACKER

Keep track of your weeks here.

Record what type of activity and how much activity you take part in each day.

Total up your activity at the end of the week and and see if you have reached your goals.

3

Turn the face into a smile if you have reached your move goal!



TIP 2

Start slowly and

build up gradually

TIP 3 Remember, every movement matters

www.active-together.org/public

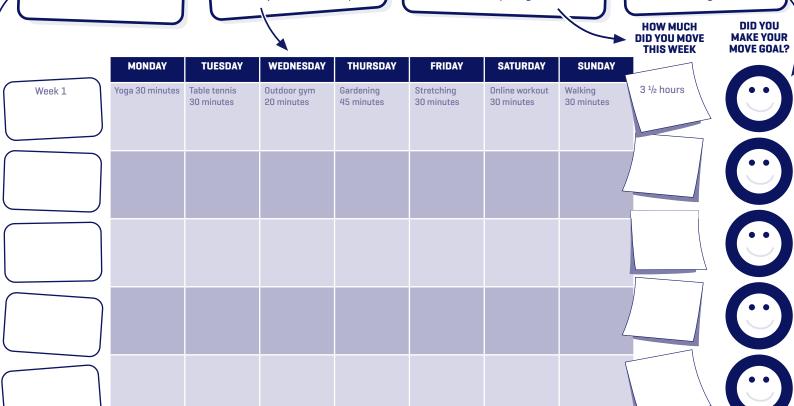


Share your activity with us on social media using #LetsGetMoving



@ActiveLLR







**SCAN** 













