

ACTIVITY TRACKER

LET'S GET MOVING WITH OUR ACTIVITY TRACKER



1

Keep track of your weeks here.

2

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

3

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

4

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

HOW MUCH DID YOU MOVE THIS WEEK

DID YOU MAKE YOUR MOVE GOAL?

Week 1

[Empty box]

[Empty box]

[Empty box]

[Empty box]

[Empty box]

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Yoga 30 minutes	Table tennis 30 minutes	Outdoor gym 20 minutes	Gardening 45 minutes	Stretching 30 minutes	Online workout 30 minutes	Walking 30 minutes
[Empty]							
[Empty]							
[Empty]							
[Empty]							
[Empty]							

3 1/2 hours

[Empty box]

[Empty box]

[Empty box]

[Empty box]

[Empty box]



HOW MUCH SHOULD WE BE MOVING?

TOP 3 TIPS:



TIP 1
Find one way to move more every day

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

www.active-together.org
[@ActiveLLR](https://www.facebook.com/ActiveLLR)

[@ActiveLLR](https://www.instagram.com/ActiveLLR)