



# THE DAILY BOOST SCORECARD

Take part in a 5 minute 'Mini Boost' of activity and simply colour in one circle  
Or take part in a 15 minute 'Boost' of activity and colour in all 3 circles

SCHOOL

Year

CLASS

Pupil ID/Initials



**Congratulations you have now completed your 250 minutes of Activity!**

To get your **BOOST BANDS** ask your teacher/parent to email/scan  
your scorecard to: [a.bird@active-together.org](mailto:a.bird@active-together.org)



Delivered by



@DailyBoost\_AT

[www.dailyboost.org](http://www.dailyboost.org)

LET'S GET MOVING