



Your activity record book (English and Irish translation)

This fun physical activity record book outlines the recommended physical activity guidelines for children aged 5 to 18 and includes an easy way for children to keep track of how much physical activity they are getting. An updated version of this resource is available [here](#).

(Irish translation of 2011 booklet)

Published

30 July 2014

Last reviewed

07 March 2023

Details

Format

A5, 12 pages

Target group

Children and young people, aged 5-18

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Attachment	Size
It all adds up Booklet 2014.pdf	2.45 MB
Phys Act Booklet Irish LR 08 11 0.pdf	3.4 MB
Activity_Records_Sheet.pdf	1.85 MB

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