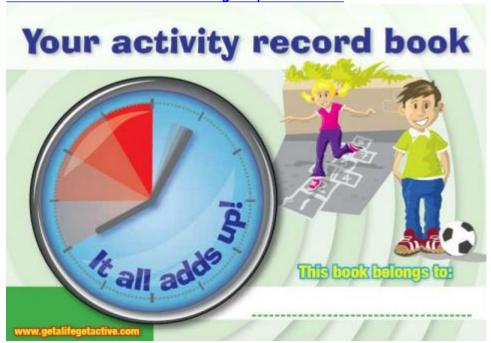
Health and Social Wellbeing Improvement



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)

Details

Format
A5, 12 pages
Target group
Children and young people, aged 5-18

Downloads

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

Tags

- <u>activity</u>
- <u>record</u>
- book
- physical
- <u>children</u>

<u>Print</u>