



# Your activity record sheet

This fun physical activity record sheet 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.

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## Details

Format

A4, PDF only

Target group  
General public

## Downloads

Attachment	Size
<a href="#">Physical activity record sheet 02.24</a>	2.56 MB

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