

Thursday, 26 March 2020

Health and Social Wellbeing Improvement



Your activity record sheet

It all adds up!

This sheet belongs to:

Being active and playing is good for you and will help make you feel happy and keep you healthy. It will also make your bones stronger and help to build a healthy heart.

This record sheet is a great way to see if you are active for at least 60 minutes every day.

You should be active for at least 60 minutes everyday. You can break it up over the day as long as you do at least 10 minutes each time.

Remember that you need to be active enough to make your heart beat faster, make you feel warmer and slightly out of breath.

Remember your target is at least 60 minutes every day, but you can break this up into chunks of 10 minutes or more. Shade in one of the pieces of the clock face for every 10 minutes of activity, and write what you did in the space beside it.

You can go out once a day for a walk, run or cycle - try to do this every day! At home you can try dancing, trampolining, jumping jacks, skipping, hula-hooping or anything else that gets your heart beating faster!

If you do more than 60 minutes, just write how many extra minutes you did in the space beside the smaller clock. There's an example on the next page to show you how to fill it in.

Although for now you need to stay at home (except for one daily exercise), there are plenty of things you can do indoors or in a garden to keep active! You can find lots of videos with ideas online.

After you've completed your first week you can download and print a new sheet at phasta/activityrecordsheet.

Physical activity guidelines for 5-18 year olds

All children and young people should be active for at least 60 minutes and up to several hours a day.

Wigorous activities such as fast running, should be incorporated on at least three days a week, as should muscle and bone strengthening activities like skipping or gymnastics.

For more information on the guidelines visit www.publichealth.hscni.net

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WE ALL MUST DO IT TO GET THROUGH IT

HSC Public Health Agency

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.

Details

Format

A4, PDF only

Target group

General Public

Downloads

Attachment

Size

[Activity record sheet](#) 2.15 MB

[Extra sheets](#) 1.85 MB

[Print](#)