

Your activity record book



This book 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.

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

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.

You could join a sports club or try out activities at your local leisure centre or community centre.

Some of the activities to choose from include football, trampoline, Frisbee, dancing, cycling, skipping, running around, hopscotch, rounders, tennis, netball, walking, roller skating, swimming, and gymnastics. For more ideas visit www.getalifegetactive.com





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

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.

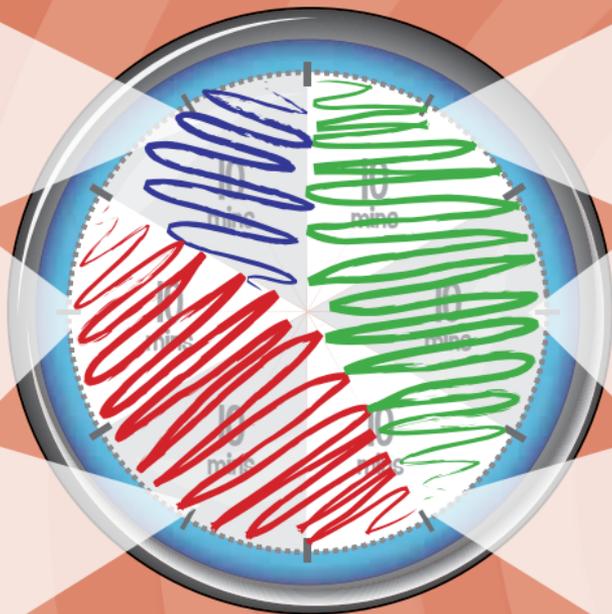
If you do more than 60 minutes, just write how many extra minutes you did in the space beside the smaller clock. There's an example on the next page to show you how to fill it in.

After you've completed your first week you can download and print a new sheet at www.getalifegetactive.com



Walked to school
- 10 mins

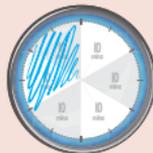
Played football -
25 mins



Went swimming
- 25 mins

Extra activities

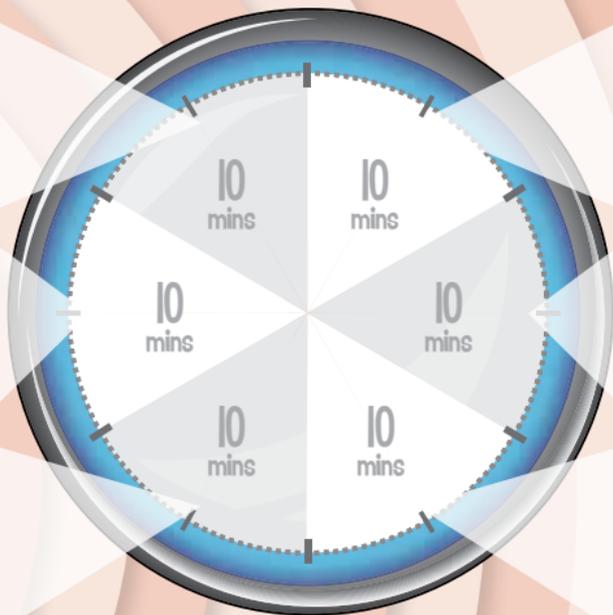
Cycled with friends - 20 mins



Example

Total amount:

80 mins



Extra activities

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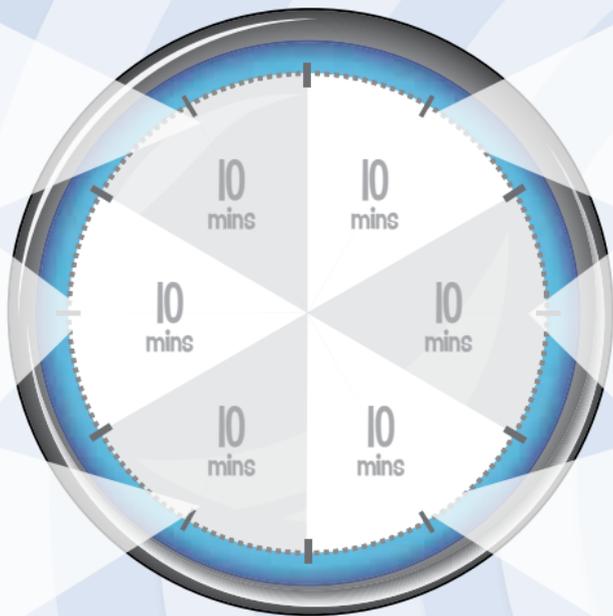
.....



Day one

Total amount:

..... mins



Extra activities

.....

.....

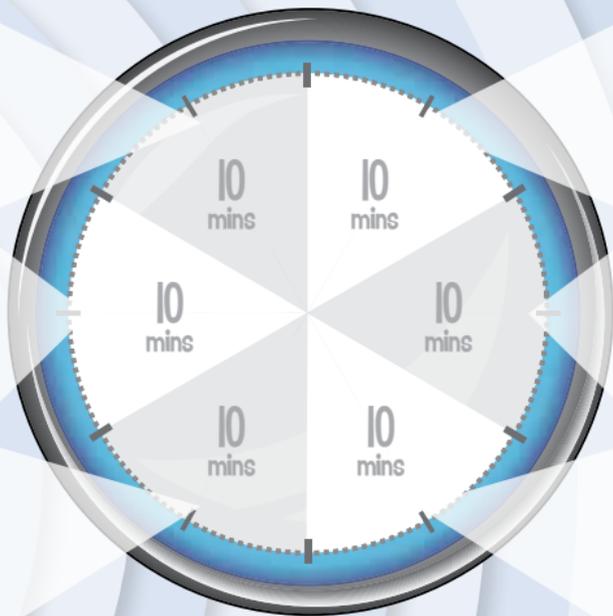
.....



Day two

Total amount:

..... mins



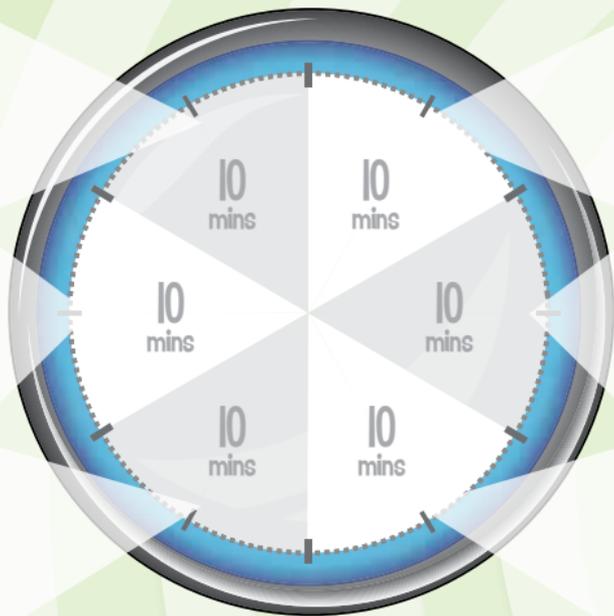
Extra activities



Day three

Total amount:

mins



Extra activities

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.....

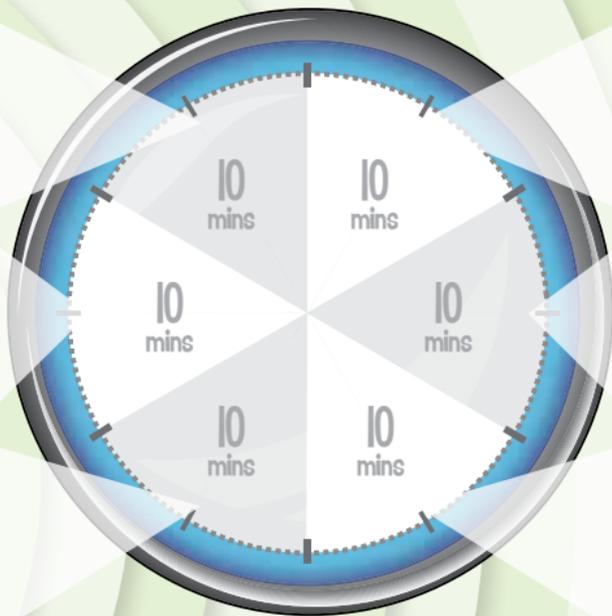
.....



Day four

Total amount:

..... mins



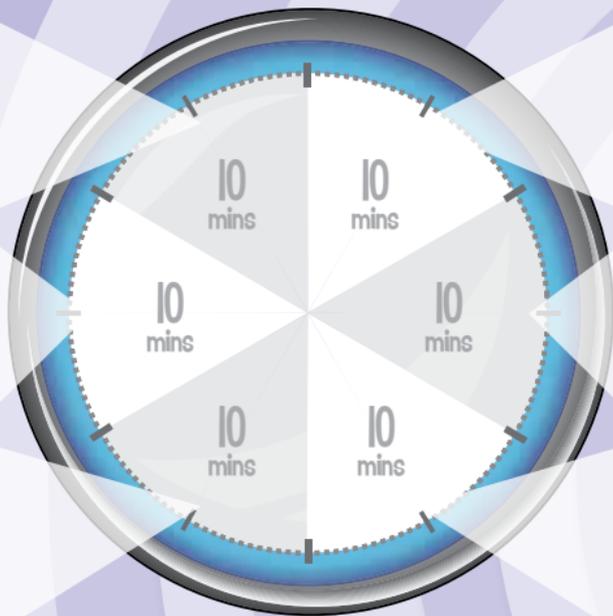
Extra activities



Day five

Total amount:

mins



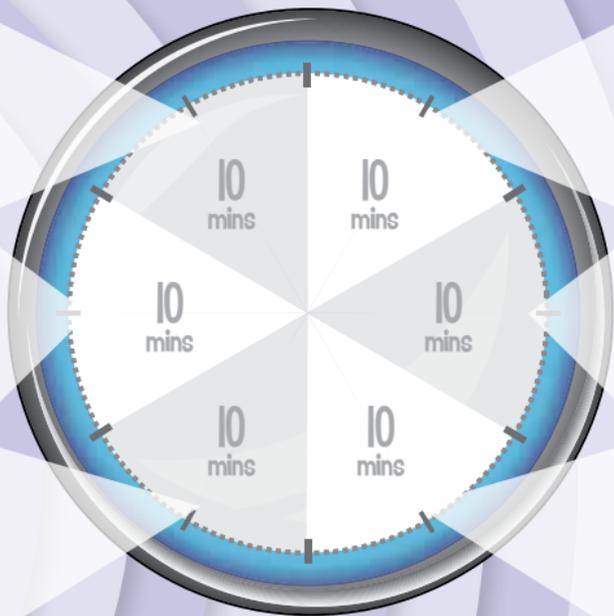
Extra activities



Day six

Total amount:

mins



Extra activities

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.....



Day seven

Total amount:

..... mins

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.

Vigorous activities such as fast running, swimming or football should be incorporated on at least three days a week, as should muscle and bone strengthening activities like skipping, gymnastics, tennis or swinging on playground equipment.

For more information on the guidelines visit www.getalifegetactive.com



Public Health
Agency