

List three different types of physical activity you have done this week.

1. _____
2. _____
3. _____

Draw a picture of your favourite activity.



My Exercise Log

Name: _____



Exercise Log

Physical activity is another name for exercising.

How much physical activity do you do every day?

You should aim to do two types of physical activity throughout the week. These should include both aerobic exercises and exercises to strengthen your muscles and bones. These include:

skipping football
riding a bike walking the dog
or scooter tagging games
skateboarding running
dancing martial arts

or anything that makes you breathe
faster and feel warmer.

You should also try not to spend too much time sitting down.

Write down how long you
have spent on physical
activity this week.

Write down the physical activity you do for each day of the week.

The Physical Activity You Did	Time Spent Doing the Activity
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Sun	