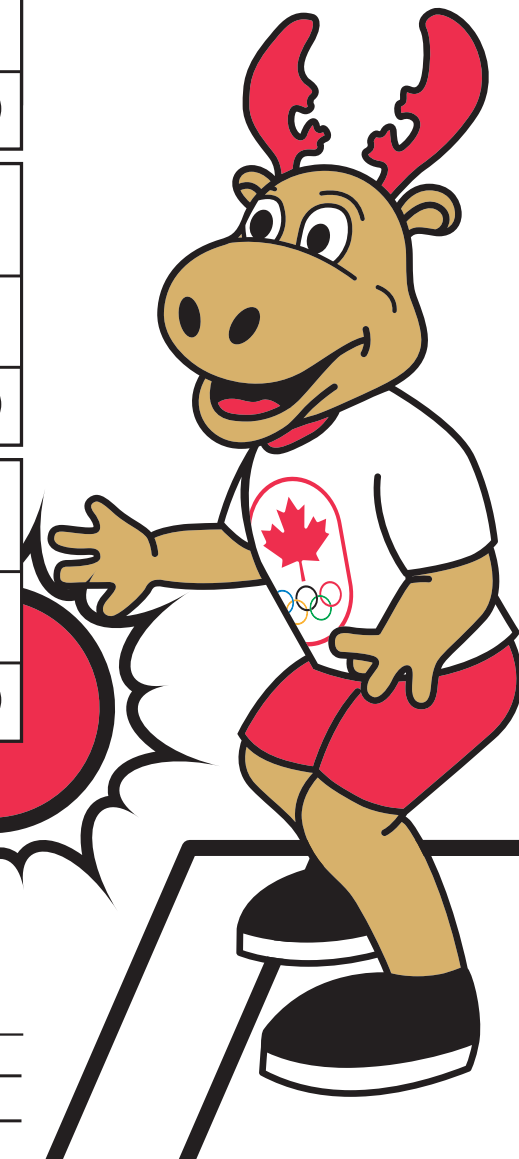
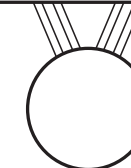
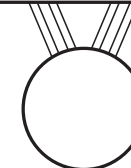
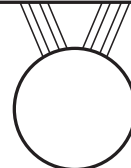
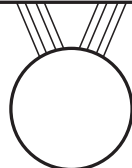
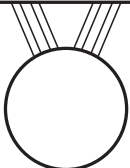


Name: \_\_\_\_\_

# HOW DID YOU GET ACTIVE THIS WEEK?

What is your physical activity goal for this week? \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>G</b> <b>GOLD</b> vigorous activities <small>Ex. Running, rugby, badminton</small>	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
<b>S</b> <b>SILVER</b> moderate activities <small>Ex. Swimming, skateboarding and bike riding</small>	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️
<b>B</b> <b>BRONZE</b> strenghtening activities <small>Ex. Walking, yoga and jumping rope</small>	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️	😊 ☹️



Who helped you to reach your physical activity goal this week? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_