

# My Exercise Log

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



# Exercise Log

## How many minutes of physical activity do you do every day?

Children and young people should aim to do an average of at least 60 minutes of physical activity a day, across the week.

## What type of physical activity?

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  
riding a bike or scooter  
skateboarding  
aerobics or a workout  
dancing

football  
walking the dog  
tagging games  
running  
martial arts

You should also try to reduce the amount of time you spend sitting or lying down and break up long periods of not moving with some activity.

Try spreading the activity throughout the day.

All activities should make you breathe faster and feel warmer.

Total time spent being  
physically active this week

Use this Exercise Log to record how much physical activity you do in a week.

	<b>The Physical Activity You Did</b>	<b>Time Spent Being Active</b>
<b>Mon</b>		
<b>Tues</b>		
<b>Wed</b>		
<b>Thurs</b>		
<b>Fri</b>		
<b>Sat</b>		
<b>Sun</b>		

List all the different ways you have been physically active this week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What was your favourite activity?

\_\_\_\_\_

\_\_\_\_\_

