



# SPRING INTO ACTION DAILY ACTIVITY TRACKER



Use the tables below to monitor your physical activity each week.  
Colour in how many minutes you managed each day and write what activity you did.  
Can you complete 60 minutes every day?

Write the week number here.

Did you complete over 7 hours of activity this week?

How many minutes of activity did you do this week?

Challenge

Can you equal or better the number of minutes you were physically active next week?

	10	20	30	40	50	60	Extra
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

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