

# ACTIVITY TRACKER

LET'S GET MOVING WITH OUR ACTIVITY TRACKER



1

Keep track of your weeks here.

2

Record what type of activity and how much activity you take part in each day.

3

Total up your activity at the end of the week and see if you have reached your goals.

4

Turn the face into a smile if you have reached your move goal!

HOW MUCH DID YOU MOVE THIS WEEK

DID YOU MAKE YOUR MOVE GOAL?

Week 1

[Empty box]

[Empty box]

[Empty box]

[Empty box]

[Empty box]

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Yoga 30 minutes	Table tennis 30 minutes	Outdoor gym 20 minutes	Gardening 45 minutes	Stretching 30 minutes	Online workout 30 minutes	Walking 30 minutes
[Empty]							
[Empty]							
[Empty]							
[Empty]							
[Empty]							

3 1/2 hours

[Empty box]

[Empty box]

[Empty box]

[Empty box]

[Empty box]



## HOW MUCH SHOULD WE BE MOVING?

### TOP 3 TIPS:



**TIP 1**  
Find one way to move more every day

### TIP 2

Start slowly and build up gradually



**TIP 3**  
Remember, every movement matters

[www.active-together.org/public](http://www.active-together.org/public)



Share your activity with us on social media using #LetsGetMoving

[active-together.org](http://active-together.org)
 @ActiveLLR  
 @ActiveLLR
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