



**MAKE  
YOUR  
MOVE**

# Family Physical Activity Tracker

Use this planner to have fun moving with your family, filling in the physical activities you took part in.



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

NAME

Blank space for writing names, divided into seven rows.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Visit [www.lrsport.org/wmactivitytracker](http://www.lrsport.org/wmactivitytracker) for more weekly tracker downloads

