**How did you get your 60 minutes of physical activity?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **What physical activity did you do?**  e.g. Did you do PE lessons? Take a walk? |  |  |  |  |  |
| **Total Time** |  |  |  |  |  |
| **Notes**  What went well?  What was challenging? |  |  |  |  |  |