



# WHFCS

## Exercise Log

**Name:**

**Year:**



List all the ways you have been physical active this week :

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

What was your favourite activity and why?

.....  
.....  
.....  
.....



## What type of physical activity could you be doing?

You should aim to do one type of physical activity a day. This could be either aerobic exercises or exercises to strengthen your muscle and bones, they could include -

1. Skipping
2. Running
3. Walking the dog
4. Dancing
5. Riding a bike or scooter
6. Playing a type of sport

Use this exercise log to record how much physical activity you do in a week.

Day	Physical activity	Time spent doing the activity
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

