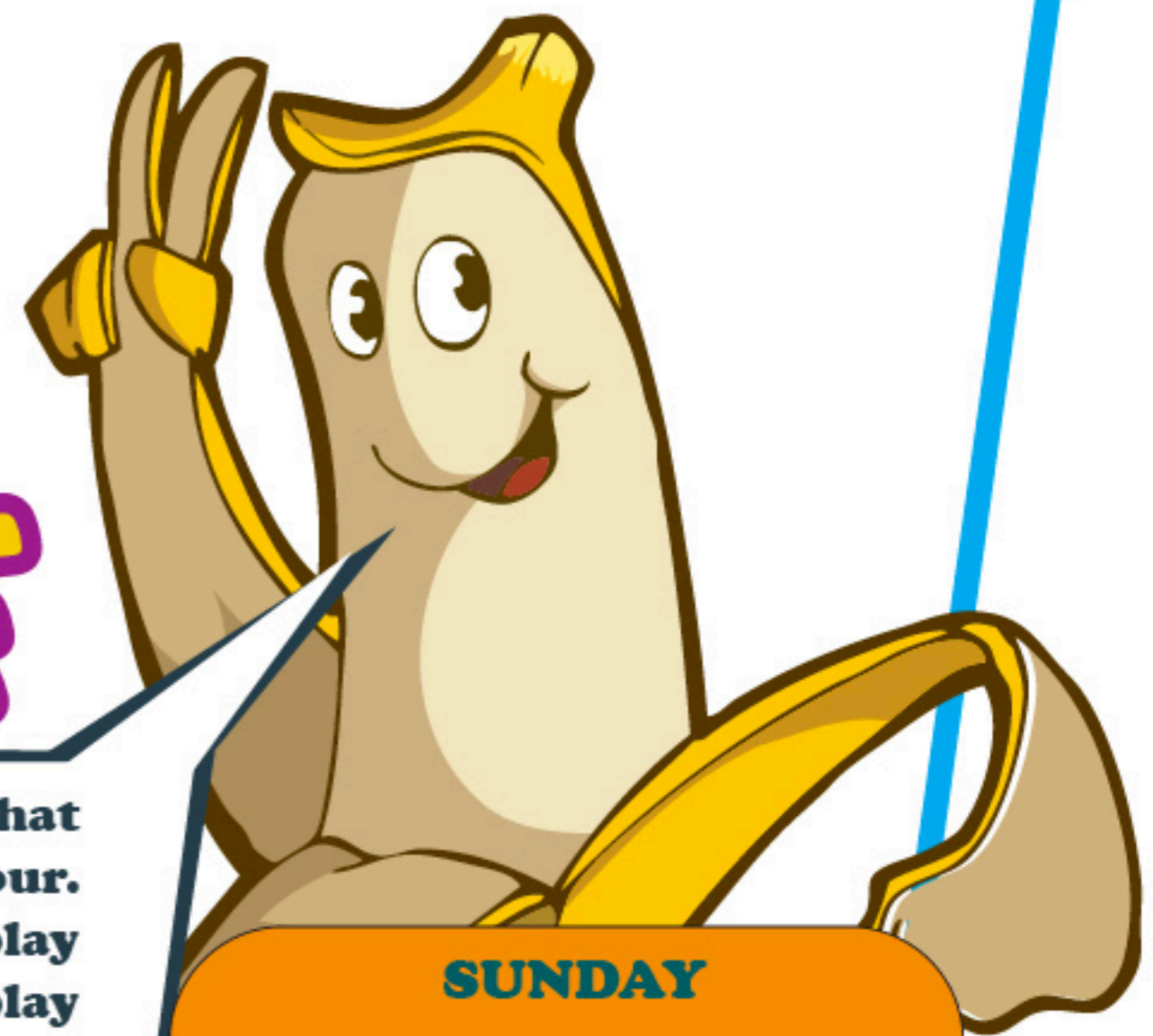


IT'S TIME TO EXERCISE



It is a good idea to practise a sport or any activity that you enjoy at least five days per week, for one hour. Always do what you enjoy and love. You can play football, swim, dance, cycle, play cricket, play basketball, skate, run, walk, do gymnastics, etc. All you need is the desire and lots of energy.

Instructions: Write down the activities you do and the amount of time you spend doing them in the Physical Activity Diary.

SUNDAY

What did you do?

How much time did you spend?

MONDAY

What did you do?

How much time did you spend?

TUESDAY

What did you do?

How much time did you spend?

WEDNESDAY

What did you do?

How much time did you spend?

THURSDAY

What did you do?

How much time did you spend?

FRIDAY

What did you do?

How much time did you spend?

SATURDAY

What did you do?

How much time did you spend?



What was the total number of hours you spent exercising in school?

How many different exercises/games did you play?

Did you exercise for the recommended number of minutes every day?

How did you feel playing with your friends?

