Weekly Activity Tracker

Move, play, explore - and celebrate your week!

Name: _____ **Week of:** _____

HOW TO USE

Write what you did, add minutes, and tick the box. Every bit of movement counts!

DAY	MY ACTIVITY	MINUTES	FELT	DONE
MON			:) :|	☐
TUE			:) :|	☐
WED			:) :|	☐
THU			:) :|	☐
FRI			:) :|	☐
SAT			:) :|	☐
SUN			:) :|	☐

MY FAVOURITE ACTIVITY THIS WEEK:

_____

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Fun activity ideas

Choose a movement you enjoy. Here are clear ideas to get started.

1. **Walk & explore**
   Take a 10-minute walk and spot five things in nature.
2. **Dance break**
   Dance to two favourite songs.
3. **Bike or scooter**
   Ride in a safe area with a helmet and supervision.
4. **Ball game**
   Throw and catch a soft ball 20 times.
5. **Playground time**
   Play on the playground for 15 minutes.
6. **Star jumps**
   Try 10 star jumps, then rest if needed.
7. **Animal moves**
   Take 10 frog hops or 10 bear-crawl steps.
8. **Stretch break**
   Do 10 arm circles and 5 gentle toe reaches.

A NOTE FOR PARENTS & CARERS

Help younger children write or draw their activities. Older children can log independently. Minutes are optional and approximate - not a competition. Choose safe, enjoyable activities and allow time for rest.

How did movement make you feel this week?