



Colour in a footprint for every 30 minutes of exercise or physical activity you complete. 15 minutes of exercise equals half a footprint.

When you get to an orange circle, complete one of your special activities.


































Plan the nine special activities you'll complete when you reach the orange circles.

My special activities are...

1 _____	4 _____	7 _____
2 _____	5 _____	8 _____
3 _____	6 _____	9 _____

Document how active you were: what did you do and when?

My daily exercises were...

 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
 _____	 _____	 _____
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