

Weekly Physical Activity Record

Name: _____ Date: _____

Colour in the star if you took part in some physical exercise.

MON	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
TUES	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
WED	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
THURS	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
FRI	SCHOOL ★	LUNCH ★	AFTERNOON ★	EVENING ★
SAT	MORNING ★	AFTERNOON ★	EVENING ★	
SUN	MORNING ★	AFTERNOON ★	EVENING ★	

Weekly Record

- 1-5 Stars → *You're a Star!*
- 6-10 Stars → *You're a Shooting Star!*
- 11+ → *You're a Superstar!*