


























Weekly Physical Activity Record

Name: _____ Date: _____

Colour in the different flags on each day you took part in some physical activity. You might use your school colours, club colours, county, provincial or country colours, or design your own!

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 