

Weekly Physical Activity Record

Name: _____

Date: _____

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

MON	SCHOOL	l		AFTERNOON		EVENING	
TUES	SCHOOL	l		AFTERNOON		EVENING	
WED	SCHOOL	l		AFTERNOON			
THURS	SCHOOL	l		AFTERNOON		EVENING	
FRI	SCHOOL	l		AFTERNOON			
SAT		AFTER		RNOON		EVENING	
SUN			AFTERNOON				

Weekly Record

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





Weekly Physical Activity Record

Name: _____ Date: _____

Colour in the different pictures on each day you took part in some physical exercise.

MON	SCHOOL	L	UNCH	AFTERNOON		EVENING	
TUES	SCHOOL	L	UNCH	AFTERNOON			
WED	SCHOOL	L	илсн	AFTERNOON			
THURS	SCHOOL	L		AFTERNOON		EVENING	
FRI	SCHOOL	L [AFTERNOON		EVENING	
SAT			AFTERNOON				
SUN	MORNING Draw Your Own		AFTERNOON Draw Your Own		EVENING Draw Your Own		

Weekly Record







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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		JNCH	AFTERNOON		EVENING
TUES	SCHOOL		JNCH	AFTERNOON		EVENING
WED	SCHOOL		JNCH	AFTERNOON		EVENING
THURS	SCHOOL		JNCH	AFTERNOON		EVENING
FRI	SCHOOL		JNCH		DON	EVENING
SAT	MORNING		AFTERNOON		EVENING	
SUN	MORNING		AFTERNOON		EVENING	

