

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!*

Weekly Physical Activity Record

Name: _____ Date: _____

Colour in the different pictures on each day 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 Draw Your Own	AFTERNOON Draw Your Own	EVENING Draw Your Own	

Weekly Record


























 = _____  = _____  = _____  = _____

 = _____  = _____ *Your Design* = _____

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 