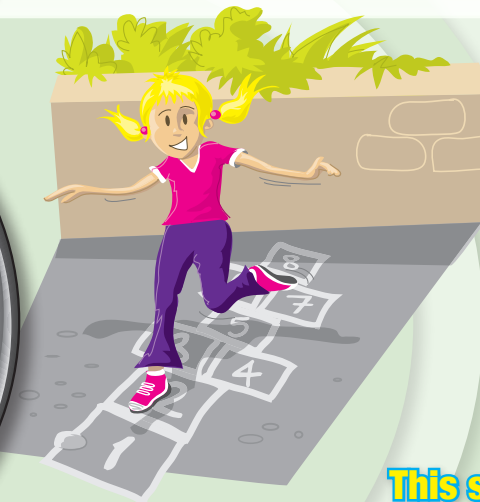


Your activity record sheet



This sheet belongs to:

www.publichealth.hscni.net

Being active and playing is good for you and will help make you feel happy and keep you healthy. It will also make your bones stronger and help to build a healthy heart.

This record sheet is a great way to see how long you are active for every day.

Remember that you need to be active enough to make your heart beat faster, make you feel warmer and slightly out of breath.

You don't have to do the same amount of activity every day, but you should aim to be active for an average of at least 60 minutes a day across the week.

Remember, your target is an average of at least 60 minutes every day across the week, but you can break this up into smaller chunks. Shade in one of the sections of the clock face for every 5 minutes of activity, and write what you did in the space beside it.

You could join a sports club or try out activities at your local leisure centre or community centre. For more ideas visit www.choosetolivebetter.com

Activities to choose from include football, trampoline, frisbee, dancing, cycling, skipping, running around, hopscotch, rounders, tennis, netball, walking, roller skating, swimming and gymnastics - anything that gets your heart beating faster!

If you do more than 60 minutes, just write how many extra minutes you did in the space beside the smaller clock. There's an example on the next page to show you how to fill it in.

After you've completed your first week you can download and print a new sheet at pha.site/activity-record-sheet

Physical activity guidelines for 5–18 year olds

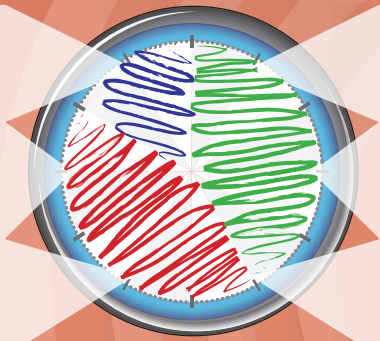
All children and young people should be active for an average of at least 60 minutes and up to several hours a day throughout the week.

Vigorous activities such as fast running should be incorporated on at least three days a week, as should muscle and bone strengthening activities like skipping or gymnastics.

For more information on the guidelines visit www.nidirect.gov.uk/articles/physical-activity#toc-5

Jumping jacks
- 10 mins

Went for a walk
- 25 mins



Football in the
garden - 25 mins

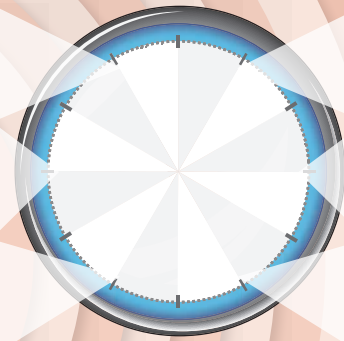
Extra activities

Dancing - 20 mins



Total amount: mins

Example



Extra activities



Total amount: mins

Day one



Extra activities



Total amount: mins

Day two



Extra activities



Total amount: mins

Day three

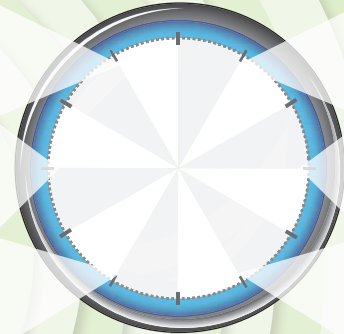


Extra activities



Total amount: mins

Day four

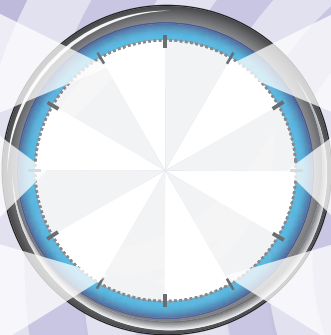


Extra activities



Total amount: mins

Day five

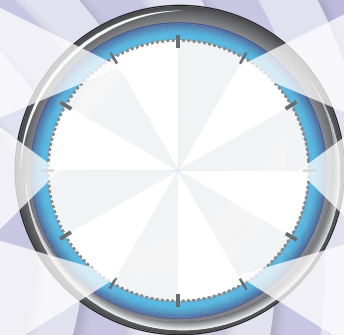


Extra activities



Total amount: mins

Day six



Extra activities



Total amount: mins

Day seven