

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 if you are active for at least 60 minutes 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 should be active for at least 60 minutes everyday. You can break it up over the day as long as you do at least 10 minutes each time.

Remember, your target is at least 60 minutes every day, but you can break this up into chunks of 10 minutes or more. Shade in one of the pieces of the clock face for every 10 minutes of activity, and write what you did in the space beside it.

Although for now you need to stay at home (except for one daily exercise), there are plenty of things you can do indoors or in a garden to keep active! You can find lots of videos with ideas online.

You can go out once a day for a walk, run or cycle - try to do this every day! At home you can try dancing, trampolining, jumping jacks, skipping, hula hooping or anything else 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 at least 60 minutes and up to several hours a day.

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.publichealth.hscni.net

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Tel: 0300 555 0114 www.publichealth.hscni.net

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



STAY HOME



KEEP DISTANCE



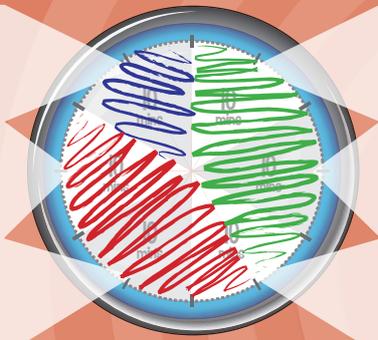
WASH HANDS



Public Health
Agency

Jumping jacks
- 10 mins

Went for a walk
- 25 mins



Football in the garden - 25 mins

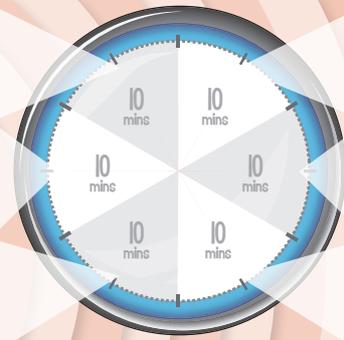
Extra activities

Dancing - 20 mins



Total amount: mins

Example

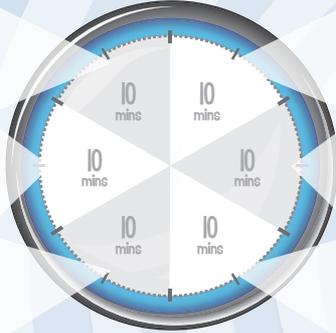


Extra activities



Total amount: mins

Day one

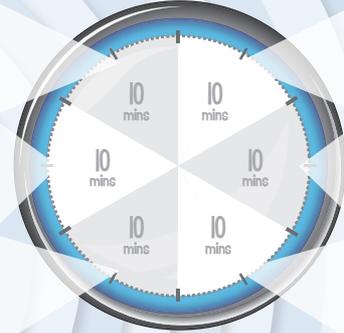


Extra activities



Total amount: mins

Day two

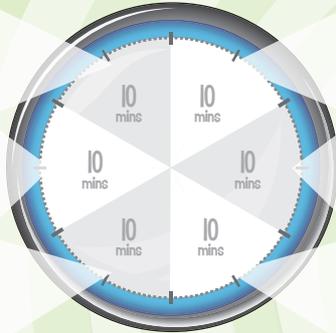


Extra activities



Total amount: mins

Day three

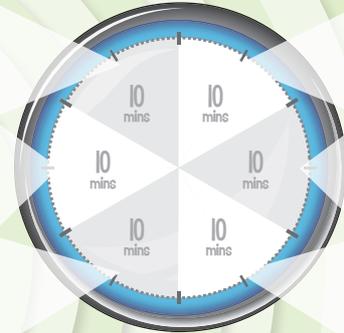


Extra activities



Total amount: mins

Day four

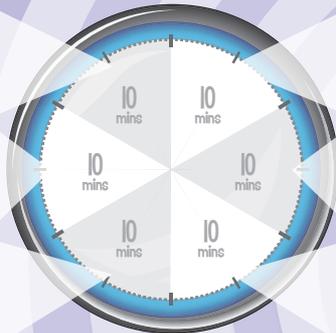


Extra activities



Total amount: mins

Day five

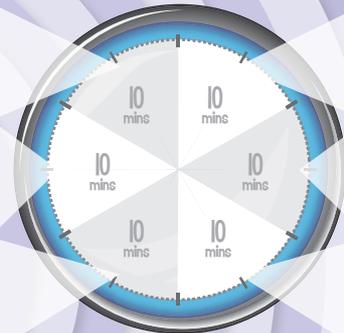


Extra activities



Total amount: mins

Day six



Extra activities



Total amount: mins

Day seven