

FITNESS & ACTIVITY DIARY

Use the activity template to record how many minutes of exercise you get in a day!



EXERCISING WITH FAMILY CAN BE LOTS OF FUN!

Download fitness trackers for your family members from sydneywans.com.au/vwswansfit and see who can record the most minutes of physical activity in a week!

	Activity 1	Time	Activity 2	Time	Activity 3	Time	Activity 4	Time	Total
WEEK 1	Monday	walked to school	20 mins	netball training	30 mins	walked the dog	20 mins		70 mins
	Tuesday								
	Wednesday								
	Thursday								
	Friday								
	Saturday								
	Sunday								
Total Physical Activity for Week 1:									
WEEK 2	Monday								
	Tuesday								
	Wednesday								
	Thursday								
	Friday								
	Saturday								
	Sunday								
Total Physical Activity for Week 2:									



DID YOU KNOW?

When he's not playing footy, **Kieren Jack** gets his daily exercise by taking his dog for a run at the beach.



STAY HYDRATED!

Being properly hydrated helps your body function at its best! Make sure you're not running on an empty tank and drink plenty of water before, during and after physical activity.

