1			
6			
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## My Exercise Log

## Name:







## **Exercise Log**

How many minutes of exercise do you do every day?

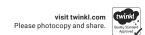
It is important to try and do at least 60 minutes of physical activity a day, 30 minutes of which could be completed in school time.

This can be done through your PE lessons as well as any other physical activity built into the school day, such as doing the Joe Wicks 5-Minute Moves or Active 8-Minute Workouts.

Use this Exercise Log to record how much physical activity you do in a week, both in and out of school.

Total time during school hours	
Total time out of school hours	





	During School Hours	Out of School Hours	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



