

My Activity Diary!!

KEEP TRACK OF YOUR DAILY ACTIVITIES...

MON

TUE

WED

THUR

FRI

SAT

SUN

I BRUSHED MY TEETH



I DID A MORNING WALK / RUN WITH MY FAMILY



I LEARNED SOMETHING NEW



I DRANK MY WATERBOTTLE



I DID 30 MINUTES OF EXERCISE



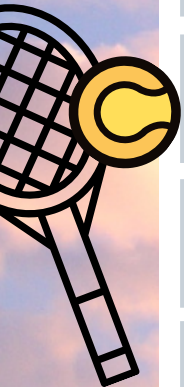
I ATE HEALTHY FOOD



I DID SOMETHING FUN



HOW MANY ACTIVITIES DID YOU COMPLETE EACH DAY



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SUN

MY SCORE

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL
SPORTS AND OUTDOOR LEARNING UNIT

