

My Active Mile @ Home

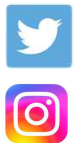
My personal target for the week is:

Day

Week

(Steps/ Metres or Miles)

	Monday	Tuesday	Wednesday	Thursday	Friday
What activity did you do today?					
How many steps did you complete today?	Total today Total so far	Total today Total so far	Total today Total so far	Total today Total so far	Total today Total so far
How fast is your heartbeat? How fast are you breathing?					
How do you feel today? 😊 😐 😞	Why not have a discussion with someone at home about how you feel.				
How did physical activity make you feel?					
Is there something you have been proud of today? <small>(This doesn't just have to be about physical activity)</small>					
Is there something you would like to work on?					



@NorthTynesidePE

Do you know how much physical activity is recommended for an adult and for a child each day?

Did you reach your personal target?

My total for the week was

