

FAMILY ACTIVITY TRACKER



1

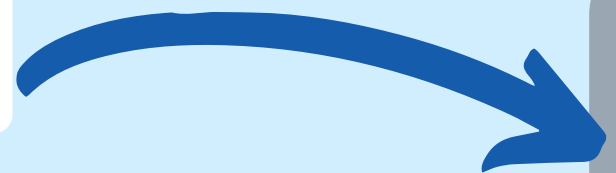
Write each family member in the left - hand column.

2

Record what type of activity and how much activity you take part in each day.

3

Total up your activity at the end of the week and see if the family have reached their move goals.



Now work out your family target goal...

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Under 5's 3 HOURS EACH DAY

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Children & Young People 1 HOUR EACH DAY

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Adults 2 1/2 HOURS EACH WEEK

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Older Adults 2 1/2 HOURS EACH WEEK

FAMILY MEMBERS

MUM

....

....

....

....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUM	WALKED 20 MINUTES TO WORK	WENT SWIMMING FOR 1 HOUR	WALKED THE DOG 30 MINUTES
....	LUNCHTIME RUN 30 MINUTES	GYM FOR 1 HOUR	WALKED THE DOG 30 MINUTES
....	FOOTBALL TRAINING 1 HOUR	WENT SWIMMING FOR 1 HOUR	WALKED THE DOG 30 MINUTES
....							
....							

TARGET FAMILY TIME OF ACTIVITY FOR WEEK....

2 1/2 HOURS

FINAL FAMILY TIME OF ACTIVITY FOR WEEK....

3 HOURS