

# FAMILY ACTIVITY TRACKER

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#BeActiveAtHome

#StayInWorkOut



1

2

3

Write each family member in the left - hand column.

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

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...**

**FAMILY MEMBERS**

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

- ..... 3 HOURS EACH DAY
- Under 5's
- ..... 1 HOUR EACH DAY
- Children & Young People
- Adults 2 1/2 HOURS EACH WEEK
- .....
- Older Adults 2 1/2 HOURS EACH WEEK

TARGET FAMILY TIME OF ACTIVITY FOR WEEK

FINAL FAMILY TIME OF ACTIVITY FOR WEEK

.....

.....


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY