

move it!



WEEK ? TRACKER POINTS

| Activity | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Class event (330 points) | | | | | | | |
| Daily points total | | | | | | | |

Walk it: Keeping active isn't all about tough sports. Walking to school or tidying your room keeps you moving too.
10 minutes = 25 points

Weekly points total

This mover has completed week **?**

Signed

Ask your parent or an adult at school to check and sign this sheet