

My Activity Tracker



The Legacy Challenge

Day	In School Activities	30 Minutes Met?	At Home Activities	30 Minutes Met?
EXAMPLE	10 mins running around at break 30 Mins PE lesson	✓	20 mins playing on scooter with friends	✗

Week 1

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Week 2

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				