

Activity Journal

Can you do 60 mins of activity every day?

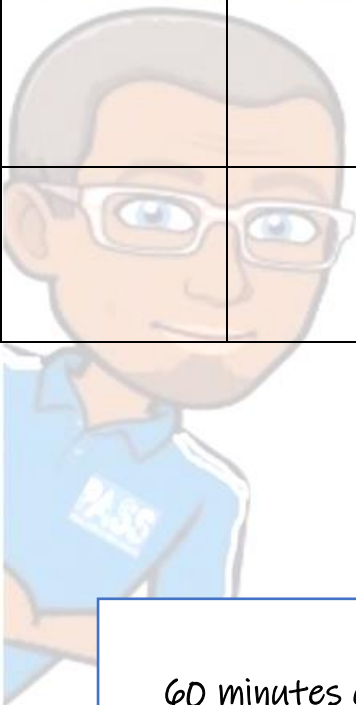
Date	What I did and for how long	How I felt
1.4.20	I Went for a walk - 30mins I Played football in the garden - 20 mins I did a PASS PE lesson on YouTube - 30 mins	I felt happy and energized!

		
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	stay	Active
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How did the challenge go?

60 minutes of activity everyday is great for our mind and bodies! It keeps us fit and healthy!

Doing activity everyday helps us develop healthy habits and helps us grow into healthy adults!

Are you ready to take on the challenge next month? Can you get someone in your house to take on the challenge too?!