

# Exercise Record Card

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Try to put together **30 minutes** of **moderate exercise** or physical activity on most, preferably all, days of the week.

Week 7							
Week 6							
Week 5							
Week 4							
Week 3							
Week 2							
Week 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Remember 'Exercise' is the planned activity time we set aside to be active.**

It may be sport, games with the family, walking, going to the gym or exercising at home.