

Move More

Try to set aside many 5 minute 'SNACKTIVITY' times during each day.

Each box represents a 5 minute snack of exercise – TICK for each 5 minutes completed.
If you do 10 minutes at one time then TICK two boxes.

WEEK ONE

	5mins	5mins	5mins	5mins	5mins	5mins	5mins	5mins	5mins	5mins
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

“Kei runga rawa atu!”

WEEK TWO

	5mins	5mins	5mins	5mins	5mins	5mins	5mins	5mins	5mins	5mins
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

“It’s cool to be Māori but even cooler to be a healthy Māori”