

Move-athon record



Name: _____

Hub: _____

When you do a physical activity/moving activity eg going for a walk, playing a game of soccer record below. Get your coach, teacher or parent to sign as proof. Sports training, organised games, dance classes etc all count as well as exercise and sport at school or exercise you do at home with your family.

Moving can be team sports or individual exercise - but only count when you are active so if you are on the bench for 15 mins you can only count the 45 minutes you were on court. There will be lots of opportunities to move at school or organised by school - get involved!

Ideas for moving at home:

- Jumping on the trampoline
- Going for a walk/run
- Riding your scooter or bike
- Jump rope
- Dance party in the living room

My goal is to move for _____ hours over 2 weeks.

Date	Start time	Finish time	Total minutes	Activity	Signed by
Total time moving					

Date	Start time	Finish time	Total minutes	Activity	Signed by
Total time moving					

Total time time moving over move-athon -----