

Name:

# Healthy Eating Week Keep moving tracker

Keep a record of how active you are each day this week (minutes during the day).

Children need 60 mins a day. Adults need to aim for at least 150 mins of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week.

	Mon	Tue	Wed	Thu	Fri
Morning					
Afternoon					
Evening					
TOTAL					

## Physical activity – what counts?

Examples of **moderate intensity activities** include: brisk walking; water aerobics; riding a bike; dancing; doubles tennis; pushing a lawn mower; hiking; or rollerblading.

Examples of **vigorous activities** include: running; swimming fast; riding a bike fast; walking up the stairs; football; rugby; netball; hockey; skipping rope; aerobics; gymnastics; or martial arts.

Review how active you were this week. Did you meet the recommendations?  
What tips for improvement would you give yourself?