

## 21 Minute Challenge Activity Log

Below is your very own log sheet to help you keep track of all of the physical activity you complete over the next six weeks. Your aim is to take part in at least 21 minutes of continuous exercise every day, whether it's going out for a walk, taking part in a home learning task from school or doing a Jo Wicks workout, any form of physical activity can be recorded.

Find us on social media by searching 'Rossendalessp' or click on the link <a href="https://www.facebook.com/Rossendalessp/">https://www.facebook.com/Rossendalessp/</a> tag us in your posts and use the hashtags #21MinuteChallenge #HealthySelfie or direct message us with your photos.

Look out for our weekly challenges and competitions on our Facebook page to help you achieve your active minutes.

How many minutes of exercise can you complete between 11<sup>th</sup> January and 21<sup>st</sup> February?

Date	How	What activity did you do? Can you describe your	How did it	Overall
	many	activity- where did you go? What exercises did you	make you	Total
	minutes?	do, how many times did you do them?	feel?	Minutes
Example	30	I created my own circuit that I took part in at home.	Tired but	30
1		I did press ups, sit ups, squats, high knees, burpees	felt really	
11/01/2		for 1 minute each with 30 seconds rest, I did this	good once I	
020		three times with 3 minutes rest in between sets.	completed	
			it	
Example	40	I went for a walk up to the Halo and back home.	I felt happy	70
2		There was a steep hill to climb but the view was	to be	
12/01/2		worth it when I got to the top.	outside.	
020		, i		









Date	How	What activity did you do? Can you describe your	How did it	Overall
	many	activity- where did you go? What exercises did you	make you	Total
	minutes?	do, how many times did you do them?	feel?	Minutes









Date	How	What activity did you do? Can you describe your	How did it	Overall
	many	activity- where did you go? What exercises did you	make you	Total
	minutes?	do, how many times did you do them?	feel?	Minutes









Date	How	What activity did you do? Can you describe your	How did it	Overall
	many	activity- where did you go? What exercises did you	make you	Total
	minutes?	do, how many times did you do them?	feel?	Minutes





