



Your Activity Record

Name (and form if applicable):

.....

Date	Activity	Duration (mins)	How did it go/How did it feel?
1/2/2019			
2/2/2019			
3/2/2019			
4/2/2019			
5/2/2019			
6/2/2019			
7/2/2019			
8/2/2019			
9/2/2019			
10/2/2019			
11/2/2019			
12/2/2019			
13/2/2019			
14/2/2019			

15/2/2019			
16/2/2019			
17/2/2019			
18/2/2019			
19/2/2019			
20/2/2019			
21/2/2019			
22/2/2019			
23/2/2019			
24/2/2019			
25/2/2019			
26/2/2019			
27/2/2019			
28/2/2019			

Yes, I have completed my 600 Minute Challenge!

Important Stuff: The benefits of exercise for our mental and physical health are well documented. Government advice recommends over a week, activity should add up to 150 mins of moderate intensity activity in bouts of 10 minutes or more. However if you are very unfit, or have any health concerns, you should consult your doctor before commencing. Start gently and listen to your body. Depending on activity tired muscles are normal after exercise, but if you have any concerns seek medical advice. By signing up to the 600 minute challenge, you are doing so at your own risk. The Royal Latin School cannot be held responsible for any injury you might sustain whilst taking part.