

Your Activity Log

Name (an	d form if applicable):

Williate Challenge					
Date	Activity	Duration (mins)	How did it go/How did it feel?		
1/2/2021					
2/2/2021					
3/2/2021					
4/2/2021					
5/2/2021					
6/2/2021					
7/2/2021					
8/2/2021					
9/2/2021					
10/2/2021					
11/2/2021					
12/2/2021					
13/2/2021					
14/2/2021					

15/2/2021 16/2/2021 <t< th=""><th></th><th></th><th></th></t<>			
17/2/2021 18/2/2021 19/2/2021 20/2/2021 21/2/2021 22/2/2021 23/2/2021 24/2/2021 25/2/2021 25/2/2021 25/2/2021 25/2/2021 25/2/2021 26/2/2021 27/2/2021	15/2/2021		
18/2/2021 19/2/2021 20/2/2021 21/2/2021 22/2/2021 23/2/2021 24/2/2021 25/2/2021 26/2/2021 27/2/2021 27/2/2021 27/2/2021 27/2/2021 27/2/2021 27/2/2021 27/2/2021	16/2/2021		
19/2/2021 Image: Control of the con	17/2/2021		
20/2/2021 21/2/2021 22/2/2021 23/2/2021 24/2/2021 25/2/2021 25/2/2021 26/2/2021 27/2/2021 27/2/2021 27/2/2021 27/2/2021	18/2/2021		
21/2/2021 22/2/2021 23/2/2021 23/2/2021 24/2/2021 24/2/2021 25/2/2021 25/2/2021 26/2/2021 27/2/2021	19/2/2021		
22/2/2021 23/2/2021 24/2/2021 24/2/2021 25/2/2021 25/2/2021 26/2/2021 27/2/2021	20/2/2021		
23/2/2021 24/2/2021 25/2/2021 26/2/2021 27/2/2021	21/2/2021		
24/2/2021 Image: Control of the con	22/2/2021		
25/2/2021 Section 1 Section 2	23/2/2021		
26/2/2021 Image: Control of the con	24/2/2021		
27/2/2021	25/2/2021		
	26/2/2021		
28/2/2021	27/2/2021		
	28/2/2021		

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.