



# Your Activity Log

Name (and form if applicable):

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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			
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			
26/2/2021			
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.