

# MY WEEKLY ACTIVITY TRACKER

DATE: Monday

2020

YOUR NAME

YOUR CLASS

YOUR YEAR GROUP

PARENT SIGNED

Just fill in the boxes after you do your physical activity each day then email a photo of this to your school on Friday. We can't wait to see how you are keeping active at home and you will also get points for your school in the Merton Challenge.

Day	ACTIVITY 1 What did you do?	Tell us more Was it fun? How long did it last? What did you learn or improve? How were you creative?
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

ACTIVITY 2 What did you do?	Tell us more Was it fun? How long did it last? What did you learn or improve? How were you creative?

Did you do any other activities that raised your pulse today?

If you want you can also list your weekend activities here too:

**WELL DONE!**  
Merton SSP Team

Remember you should try to be active for at least 60 minutes across the day, every day to stay fit and healthy.



**merton**  
School Sport Partnership

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