



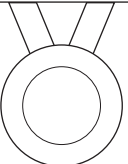


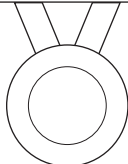
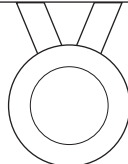
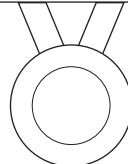
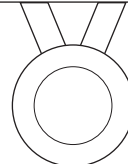


HOW DID YOU GET MOVING THIS WEEK?

Name: _____

Who can help you achieve your goals for this week? _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 RUN Ex: Tag Games	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
 BALANCE Ex: Yoga Poses	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
 JUMP Ex: Jumping Jacks	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
 THROW Ex: Target Throwing	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
							



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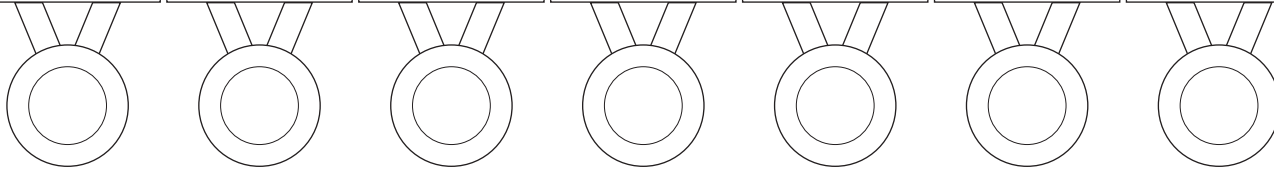
What was your favourite activity or movement this week? _____

HOW DID YOU GET MOVING THIS WEEK?

Name: _____

Who can help you achieve your goals for this week? _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 THROW Ex: Target Throwing	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
	TIME	TIME	TIME	TIME	TIME	TIME	TIME



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What was your favourite activity or movement this week? _____



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