



Our School needs you to stay fit and active.

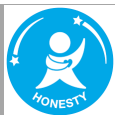
Sit less and move more!

Boston & District School Sport Partnership 2021 ACTIVITY TRACKER

Name _____

School _____

DAY	DATE	THE EXERCISE I DID WAS... (WALKING, SCOOTING ETC)	HOW MANY MINUTES TODAY	TOTAL SO FAR (MINUTES)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				



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Sit less and move more!

DAY	DATE	THE EXERCISE I DID WAS. . . (WALKING, SCOOTING ETC)	HOW MANY MINUTES TODAY	TOTAL SO FAR (MINUTES)
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				