

WorkOut From Home

Add the names of each family member

Time to set your activity goals for the week

Note down the type of activity and the amount of activity you take part in for each day

Now its time to see if your family have achieved their goals!
Click on a smile and tell us how you did this week!

Names	Goals	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
								
								
								
								
								
























