



STAY ACTIVE WITH SSP

My 60 Active Minutes – Weekly Log

#StayHomeStayActive

Use the table below to record all the active minutes you complete each day.
Can you achieve at least 60 minutes of physical activity everyday for the week?

| Day | Activities/Exercise Completed | Total Minutes |
|-----------|-------------------------------|---------------|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Keep up to date with our Virtual Challenges on our Twitter  @TRW_SSP

#TRWSSPVirtualChallenge #StayHomeStayActive #StayInWorkout

www.threeriverswatfordssp.co.uk