



Can you travel to school and be active at the same time?

See if you can get to school using different forms of travel (see table for some examples!)

On the weekend can you gain an active achievement by parking the car further away from the supermarket? Can you take the stairs instead of a lift?

Get your family involved too, it's always better together!

# Physically Active Active Travel Record Sheet

Name:

Date:

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mode of Travel ( Roller-skating, Scooting, Biking, Walking, Running, Horse-riding, Skateboard- ing...even Hover- boarding? )							
Active Achievements							



### Examples of Active Achievements:

Taking the stairs not the lift, parking further away from the shops, going on a dog walk, doing an energetic activity with friends or family, playing a sport, starting a sports club, trying a new active hobby, stretching, playing outside...what else could you try?

Signed by: