TAKE THE CHALLENGE

ACTIVITY RECORD

Please record the physical activity and healthy lifestyle lessons your team has completed during your "travels" along your selected route.

Team Name: _____

School: _____

SCORING

Points:

1 point for every 15 minutes of physical activity

5 points for every healthy lifestyle lesson (HLL)

10 bonus points for HLL's from **ALL** 4 key message areas.

Be more active

Drink water

Eat healthy food

Beat disease

Date	Activity	Total time	Points
E.g. 15/8	Skipping	15 minutes	1

Date	Activity	Total time	Points
E.g. 18/9	Y/LL - Eat healthy food - reading food labels		5
Bonus Points			
Total Points			