

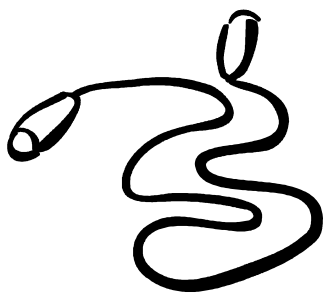
Activity Log

Week One

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week Two

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



Activity Log

Week Three

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week Four

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



Benefits of a Healthy Lifestyle

Write 75 words saying how taking part in the activity has improved your lifestyle.

A large, empty rectangular box with a thin black border, intended for the student to write their response. It occupies the lower half of the page.