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| --- | --- | --- | --- | --- |
| Day/Week | Week 1 (1st Feb) | Week 2 (8th Feb) | Week 3 (15th Feb) | Week 4 (22nd Feb) |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |
| Total |  |  |  |  |
| Grand total |  | | | |

Pupil/Parental Activity Sheet

\*Simply record the minutes your child spent exercising on that given day