

Active 60 Home Challenge

Can you start the new year by completing
'Active 60 Minutes' every day?



Children and young people aged between 5-18 should try to do moderate to vigorous physical activity for an average of at least 60 minutes per day across the week!



Examples of what this activity can include:

- Taking part in an online workout or dance session
- Going for a walk or walking your dog
- Getting out for a bike ride
- Playing in the garden
- Creating your own physical activity challenge at home
- Taking part in an online PE lesson organised by your school
- For additional resources visit:

<https://new.brighton-hove.gov.uk/stayactiveathome>

Remember: Any chunk of 10 minutes of activity can help you achieve your 60 minute daily goal – it doesn't have to be all in one go!

To help you achieve this Active 60 Minute daily goal use the activity log sheet below to keep track of how active you are each day!

How it works:

For every 10 minute chunk of exercise you do each day colour in or tick one block on the log sheet. Or you can even write in what physical activity you did. For example:

Bronze = two 10 minute chunks = total of 20 minutes of activity
Silver = four 10 minutes chunks = total of 40 minutes of activity
Gold = Six 10 minutes chunks = total of 60 minutes of activity
Platinum = total of more than 60 minutes!

Your healthy
Lifestyle



BHhealthylife



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www.brighton-hove.gov.uk/healthylifestyles


Brighton & Hove
City Council

First Name:

Age:

School:



Date Started:



	10 minutes	20 minutes	30 minutes	40 minutes	50 minutes	60 minutes	Over 60 minutes
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



Your healthy Lifestyle

Congratulations on completing this week's log book!

