



Pedal's fitness diary

Fill in this diary so you can check how much exercise you are doing. Aim to do at least 60 minutes every day. Walking to the bus stop or to school, playing in the park or playground, dancing, running and skipping all count!

My diary by _____

Day	Activity		
	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Can you match the pairs of sports equipment around the page? Name each sport the equipment is used for too!