Active School Week Homework Diary

Day	Activity	Length of time spent at activity (30 minutes...or more!)	Signed
Monday 6th BANK HOLIDAY	No School today!! Plan to spend some time today being active! Plan your activities for the week and keep a record!		
Tuesday 7th	Remember to wear your pedometer to count your steps! Our target is 1,000,000 steps in one week!		
Wednesday 8th	WOW, COW or SOW today!		
Thursday 9th	D.O.R.M Day!!—have fun helping to complete a whole marathon!		
Friday 10th	Last day of the week—plan to have an Active weekend!		