

Wednesday, 30 July 2014

[Health and Social Wellbeing Improvement](#)



This fun physical activity record book outlines the recommended physical activity guidelines for children aged 5 to 18 and includes an easy way for children to keep track of how much physical activity they are getting. An updated version of this resource is available [here](#).

(Irish translation of 2011 booklet)

## Details

Format

A5, 12 pages

Target group

Children and young people, aged 5-18

## Downloads

Attachment	Size
<a href="#">It all adds up Booklet 2014.pdf</a>	2.45 MB
<a href="#">Phys Act Booklet Irish LR 08 11 0.pdf</a>	3.4 MB
<a href="#">Activity Records Sheet.pdf</a>	1.85 MB

## Tags

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