

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
It all adds up Booklet 2014.pdf	2.45 MB
Phys Act Booklet Irish LR 08 11 0.pdf	3.4 MB
Activity Records Sheet.pdf	1.85 MB

Tags

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- [record](#)
- [book](#)
- [physical](#)
- [children](#)

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