

Monday, 26 February 2024

Health and Social Wellbeing Improvement



Your activity record sheet

It all adds up!

This sheet belongs to:

Being active and playing is good for you and will help make you feel happy and keep you healthy. It will also make your bones stronger and help to build a healthy heart.

This record sheet is a great way to see how long you are active for every day.

You don't have to do the same amount of activity every day, but you should aim to be active for an average of at least 60 minutes a day across the week.

Remember, your target is an average of at least 60 minutes every day across the week, but you can break this up into smaller chunks. Shade in one of the sections of the clock face for every 5 minutes of activity and write what you did in the space beside it.

Remember that you need to be active enough to make your heart beat faster, make you feel warmer and slightly out of breath.

Activities to choose from include: football, trampolines, frisbee, dancing, cycling, skipping, running around, hopscotch, rounders, tennis, netball, walking, roller skating, swimming and gymnastics - anything that gets your heart's beating faster!

If you do more than 60 minutes, just write how many extra minutes you did in the space beside the smaller clock. There's an example on the next page to show you how to fill it in.

You could join a sports club or try out activities at your local leisure centre or community centre. For more ideas visit: www.choose2divebetter.com

After you've completed your first week you can download and print a new sheet at: [publichealth/health/physical-activity/record-sheet](https://publichealth.hscni.net/health/physical-activity/record-sheet)

Physical activity guidelines for 5-18 year olds

All children and young people should be active for an average of at least 60 minutes and up to several hours a day throughout the week.

Vigorous activities such as fast running should be incorporated on at least three days a week, as should muscle and bone strengthening activities like skipping or gymnastics.

For more information on the guidelines visit www.nidirect.gov.uk/articles/physical-activity#toc-5

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HSC Public Health Agency

This fun physical activity record sheet 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.

Details

Format

A4, PDF only

Target group

General public

Downloads

Attachment

Size

[Physical activity record sheet 02.24](#) 2.56 MB

Tags

- [Physical activity](#)
- [children and young people](#)

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