

Haktive at Home

Name _____

Week Beginning _____

Choose activities you enjoy doing.

Aim for 10 minutes of activity for each box. ('P.E. with Joe' is 2 boxes)

Tick the box or colour it in every time you complete one.

"..every little bit of activity will help their well being and yours."

My Activity Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							

Well Done - Have fun with it



Newsletter & Updates: [Haktive.com/at-home](https://www.haktive.com/at-home)

We will be sharing more updates to help keep you and your family active and happy through our newsletter.

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