

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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