

It is really important that you try to stay fit and healthy during your time at home. Below is an exercise log to record how much fresh air and how much exercise you do each day. You can copy it into your exercise book or print this sheet out.

Exercise Log

How many minutes of exercise do you do every day?

During your time off from school, there are lots of different ways to exercise from home. Joe Wicks is releasing a 30-minute workout each morning at 9.00 on his YouTube channel. It would be great if you could get involved with this.



It is important that you try to get some fresh air but remember to make sure that you do this safely.

Total Minutes of Fresh Air	
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Total Minutes of Exercise	
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	Minutes of Fresh Air	Minutes of Exercise	Total
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			