Active Me
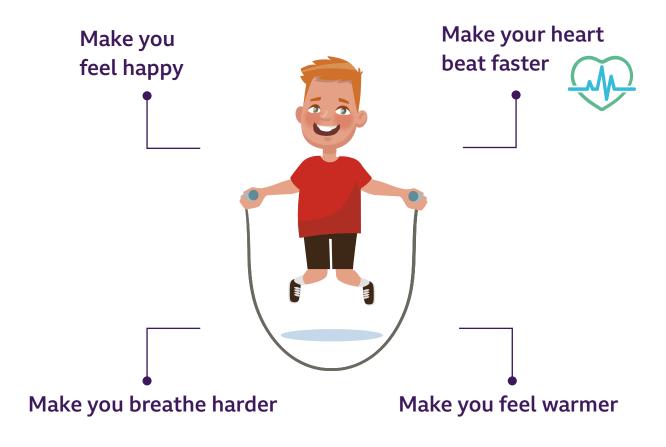## Super Mission

Can you introduce 10 minutes of new physical activity to your day?

This could be anything from joining in with Super Movers videos to playing a game from the Active Me pack.

Regular moderate to vigorous physical activity should:

Make you feel happy

Make your heart beat faster

Make you breathe harder

Make you feel warmer

Also check out the Super Mission film!

SUPER MOVERS

Champions

Your mission is to introduce 10 minutes of new physical activity to your day!

1 Plan

- What will you do?
- When will you do it?

2 Do

- Go get active!

Activity Tracker

Minutes

	1	2	3	4	5	6	7	8	9	10+
Monday	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Tuesday	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Wednesday	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Thursday	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
Friday	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆

3 Review

- Did you manage activity every day?
- Did it raise your heart rate or temperature?
- Was it fun?
- Total overall minutes:
- Will you continue with your activity?