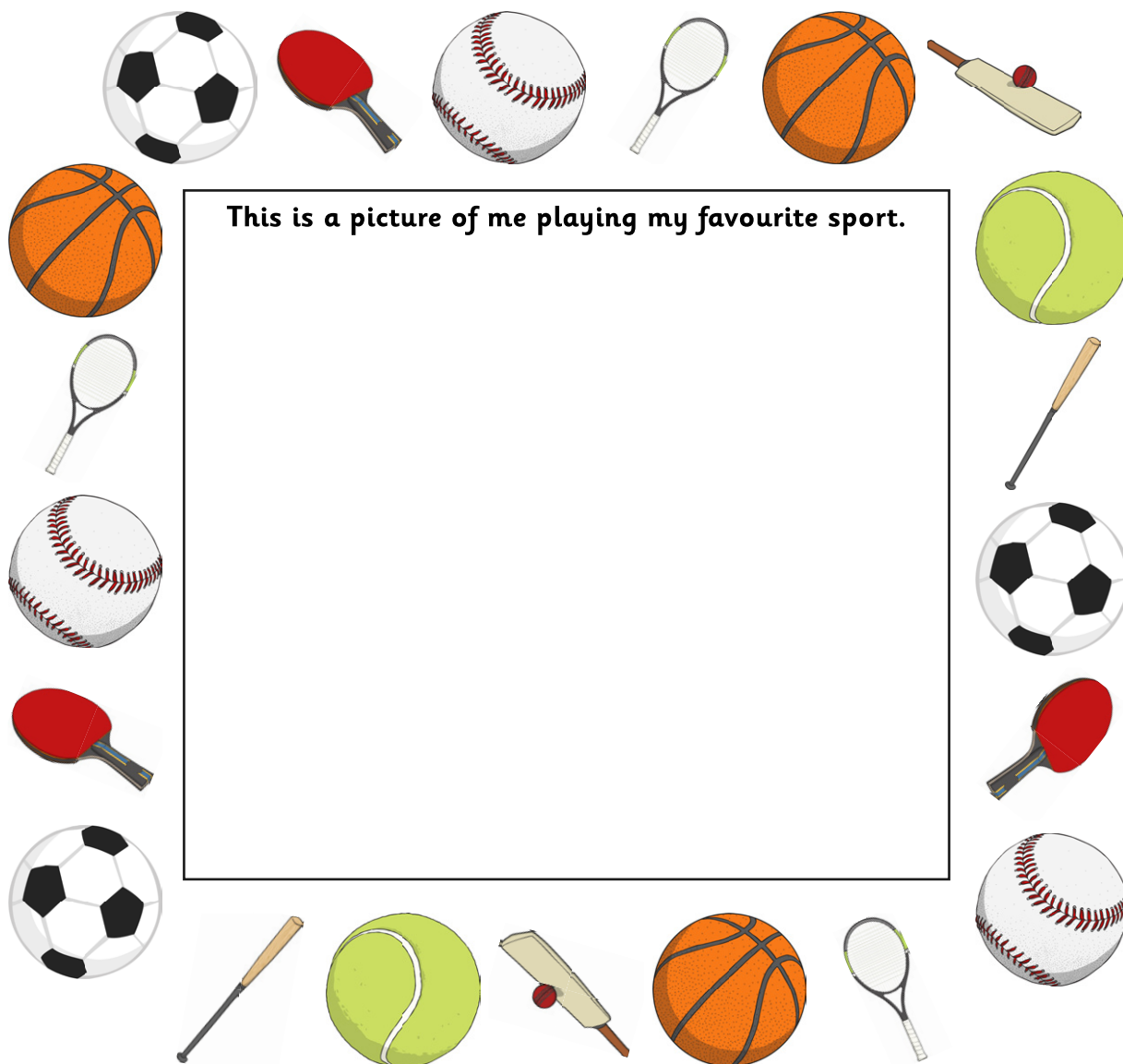


My Active Week Journal



This is a picture of me playing my favourite sport.

Name: _____

Age: _____

Class: _____

| Day | School | Yard | Home |
|------------------|---------------|-------------|-------------|
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |

Draw a picture or write a sentence about the different activities you have taken part in each day during Active Week. Try to fill your journal up with lots of different types of activities.

Answer these questions at the end of Active Week.

Did you enjoy Active Week? Why/Why not?

What was your favourite activity this week? Why?

What was your least favourite activity this week? Why?

If you could choose a new activity for our next Active Week, what would you suggest?

Why is it important to stay active?

Draw a picture of your favourite part of Active Week.

