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MY ACTIVITY TRACKER

THE LET'S #BEACTIVE PROJECT

- Promoting physical activity and healthy lifestyles
- Creating an evidence base for further policy development
- Promoting the European week of sport

THE EUROPEAN WEEK OF SPORT

The European week of sport is a European Commission initiative to promote sport and physical activity across Europe. The Week is for everyone, regardless of age, background or fitness level.

ec.europa.eu/sport/week



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Co-funded by the
Erasmus+ Programme
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europaactive
MORE PEOPLE | MORE ACTIVE | MORE OFTEN

LET'S #BEACTIVE

Activity tracking is proven to increase your chances of success. Use this diary to keep track of the activities you do each day and the number of minutes you do them for. Circle the faces that show how that activity made you feel. Remember to build it up gradually. You can even do it in 10 minute chunks, it all counts!

Example:

MON

Walking
(10 min)

If you want more information on the physical activity tracker or you want to download an additional one go to www.europeactive.eu



MON	TUES	WED	THUR	FRI	SAT	SUN
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☺ I enjoyed the activity
 ☹ It was ok
 ☹ I didn't enjoy the activity