



21 Minute Challenge Activity Log

Below is your very own log sheet to help you keep track of all of the physical activity you complete over the next six weeks. Your aim is to take part in at least 21 minutes of continuous exercise every day, whether it's going out for a walk, taking part in a home learning task from school or doing a Jo Wicks workout, any form of physical activity can be recorded.

Find us on social media by searching 'Rossendalessp' or click on the link <https://www.facebook.com/Rossendalessp/> tag us in your posts and use the hashtags #21MinuteChallenge #HealthySelfie or direct message us with your photos.

Look out for our weekly challenges and competitions on our Facebook page to help you achieve your active minutes.

How many minutes of exercise can you complete between 11th January and 21st February?

Date	How many minutes?	What activity did you do? Can you describe your activity- where did you go? What exercises did you do, how many times did you do them?	How did it make you feel?	Overall Total Minutes
Example 1 11/01/2021	30	I created my own circuit that I took part in at home. I did press ups, sit ups, squats, high knees, burpees for 1 minute each with 30 seconds rest, I did this three times with 3 minutes rest in between sets.	Tired but felt really good once I completed it	30
Example 2 12/01/2021	40	I went for a walk up to the Halo and back home. There was a steep hill to climb but the view was worth it when I got to the top.	I felt happy to be outside.	70

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