

Name



Use this log to record your activity during the summer holidays. You can include anything from a walk, or a bike or scooter ride, to a bug hunt in your garden or a danceathon in your front room.

If you need inspiration, visit Active LincoInshire's website for suggestions of fun activities you can enjoy.

## www.activelincolnshire.com

YOUTH SPORT TRUST









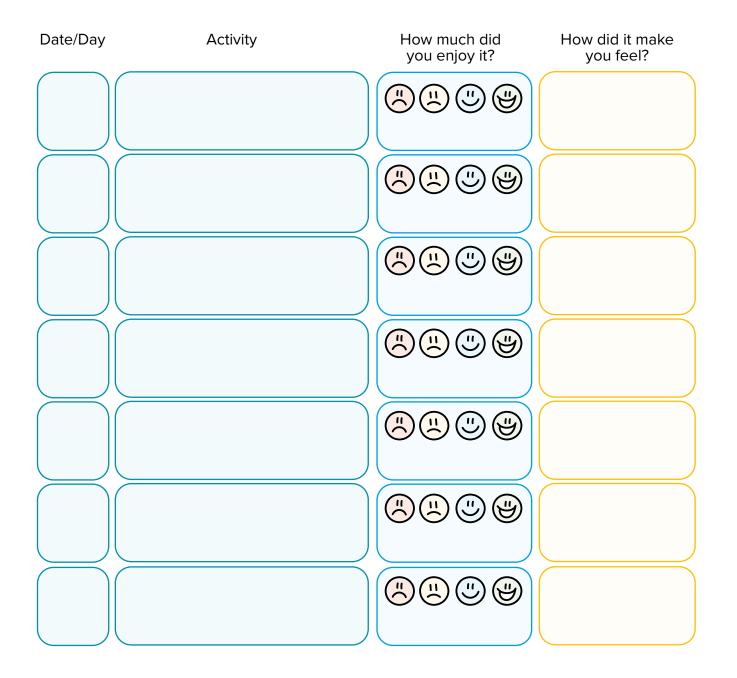












#### How much should we be moving?

Aim for at least these amounts of moderate to vigorous physical activity (all activities should make you breathe faster and feel warmer).



HOUR EACH DAY

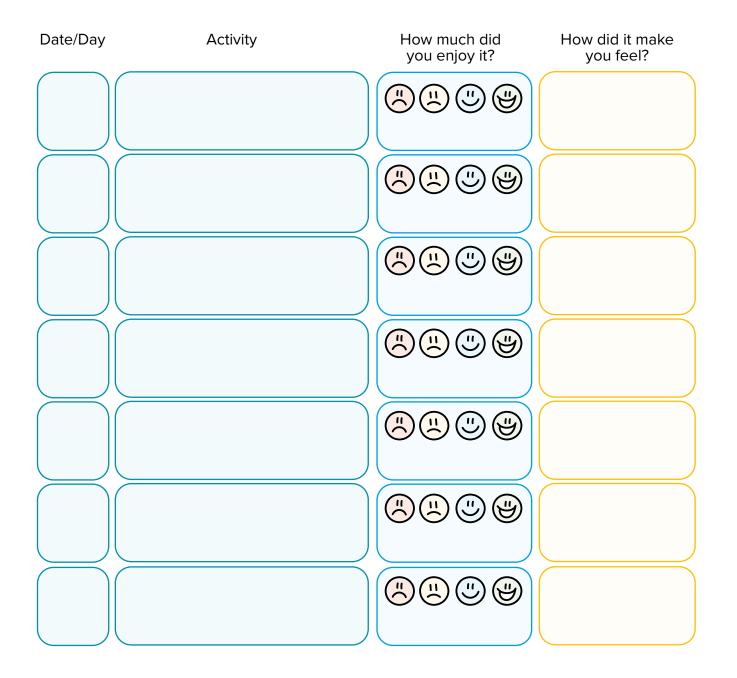
young people



2½ HOURS EACH WEEK







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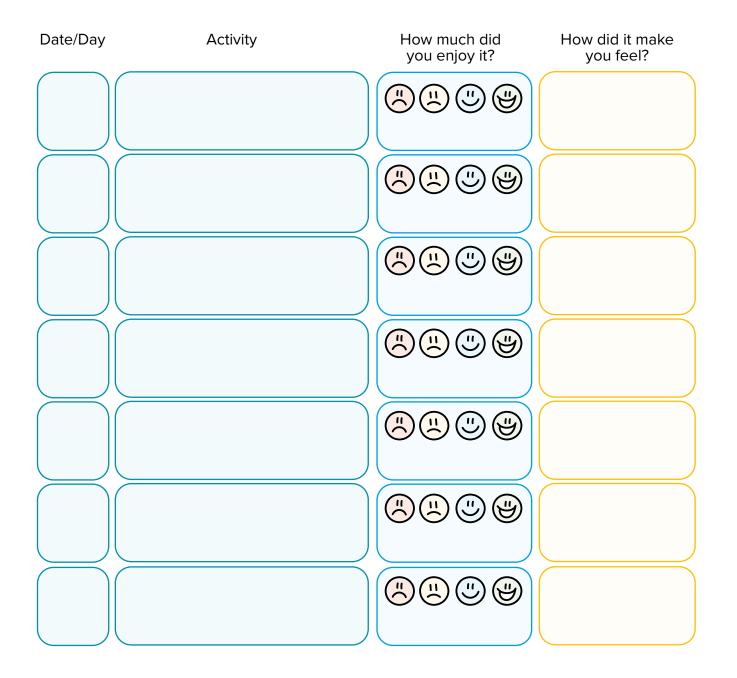
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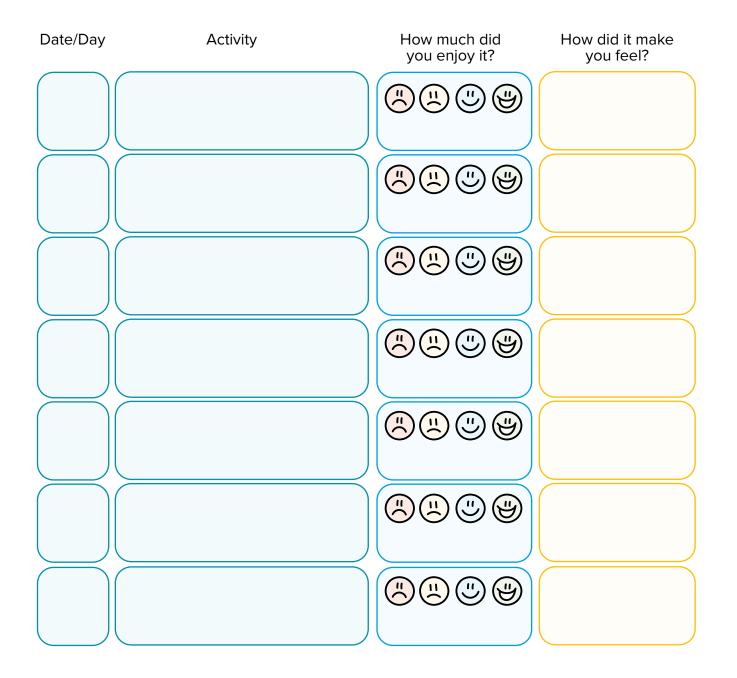
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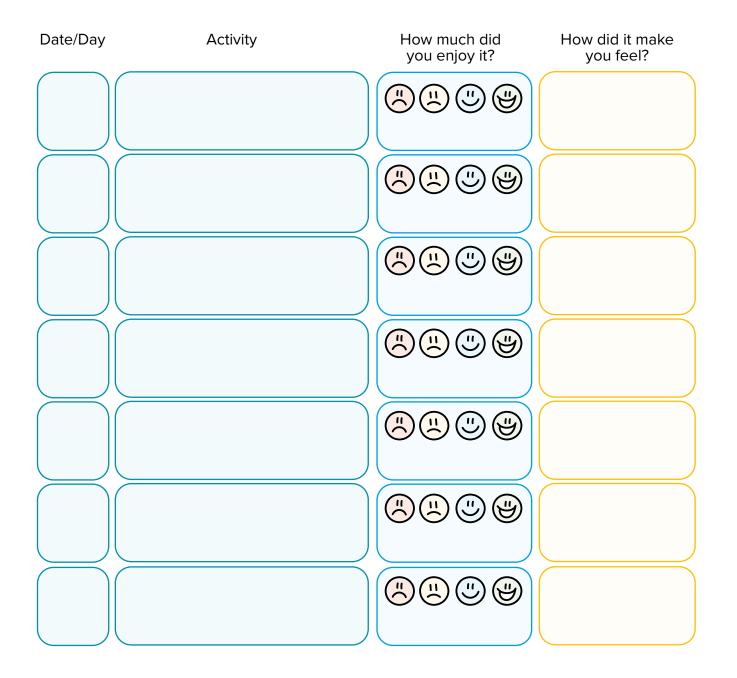
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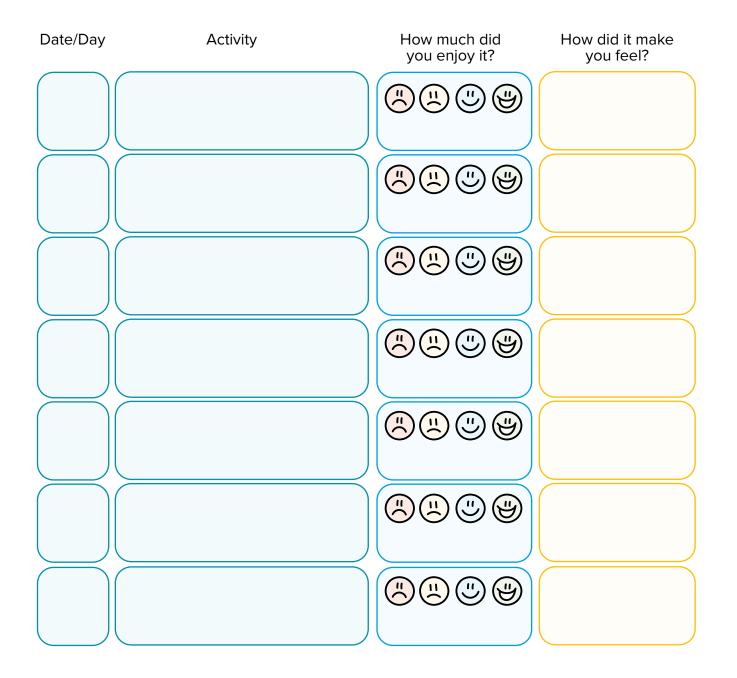
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For more information visit
www.activelincolnshire.com

Follow Active Lincolnshire on social media for more ideas of how to get active.



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