

MY ACTIVE SUMMER LOG

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 Lincolnshire's website for suggestions
of fun activities you can enjoy.

www.activelincolnshire.com

Date/Day	Activity	How much did you enjoy it?	How did it make you feel?
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	

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).



Under 5's



Children and
young people



Adults



Older adults

Date/Day	Activity	How much did you enjoy it?	How did it make you feel?

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).



Under 5's



Children and
young people



Adults



Older adults

Date/Day	Activity	How much did you enjoy it?	How did it make you feel?

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).



Under 5's



Children and
young people



Adults



Older adults

Date/Day	Activity	How much did you enjoy it?	How did it make you feel?
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	
		☹️ ☹️ 😊 😊	

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).



Under 5's



Children and
young people



Adults



Older adults

Date/Day	Activity	How much did you enjoy it?	How did it make you feel?

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).



Under 5's



Children and
young people



Adults



Older adults

Date/Day	Activity	How much did you enjoy it?	How did it make you feel?

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).



Under 5's



Children and
young people



Adults



Older adults



For more information visit

www.activelincolnshire.com

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



[/activelincs](https://www.facebook.com/activelincs)



[@ActiveLincs](https://twitter.com/ActiveLincs)



[@activelincs](https://www.instagram.com/activelincs)

#Letsmovelincs

Supported by: