ONE ONE ONE | COUNTY MISSION NETWORK

MY ACTIVE SUMMER LOG

Name

Let's move LINCOLNSHIRE

Use this log to record your activity over the summer. 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/keeping-children-active-home

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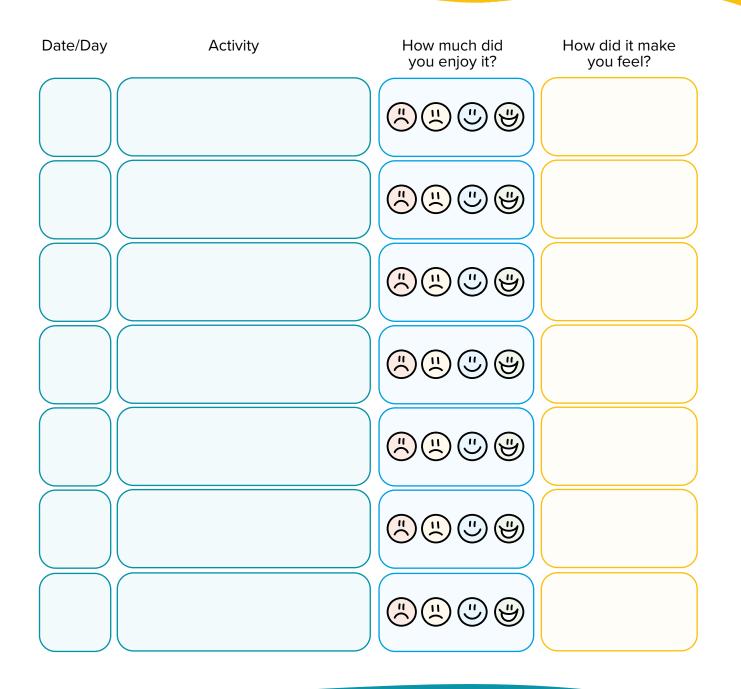| Date/Day	Activity	How much did you enjoy it?	How did it make you feel?
		☹ ☹ ☺ ☺	
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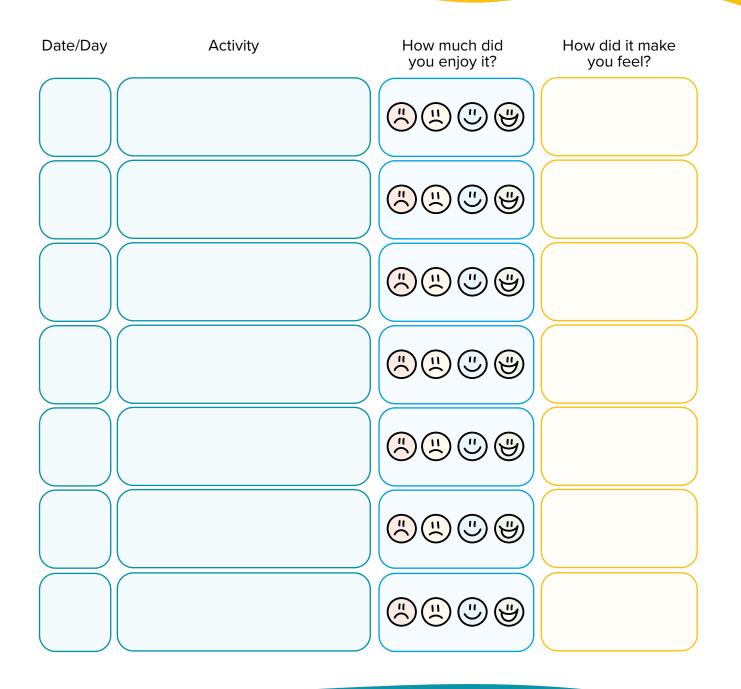## How much should we be moving?

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

3 HOURS EACH DAY
Under 5's

1 HOUR EACH DAY
Children and young people

2½ HOURS EACH WEEK
Adults

2½ HOURS EACH WEEK
Older adults

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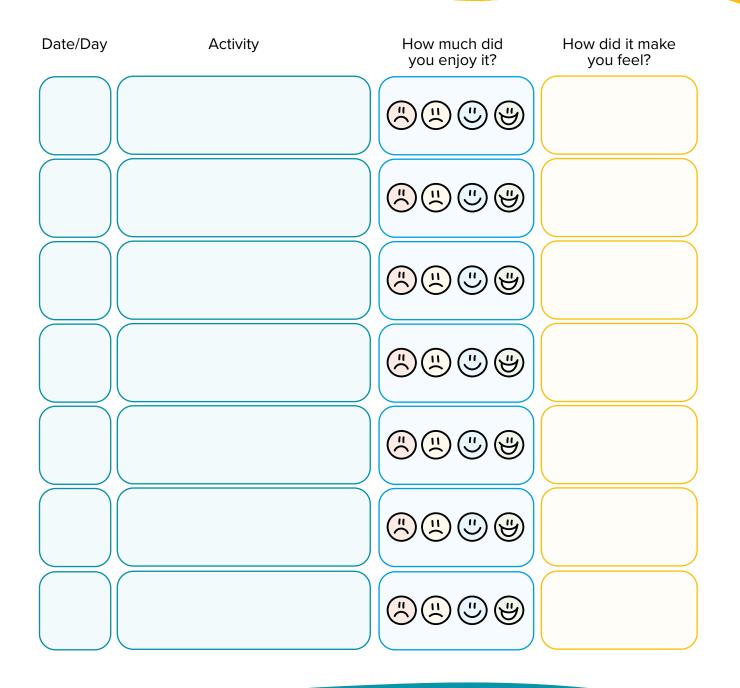## How much should we be moving?

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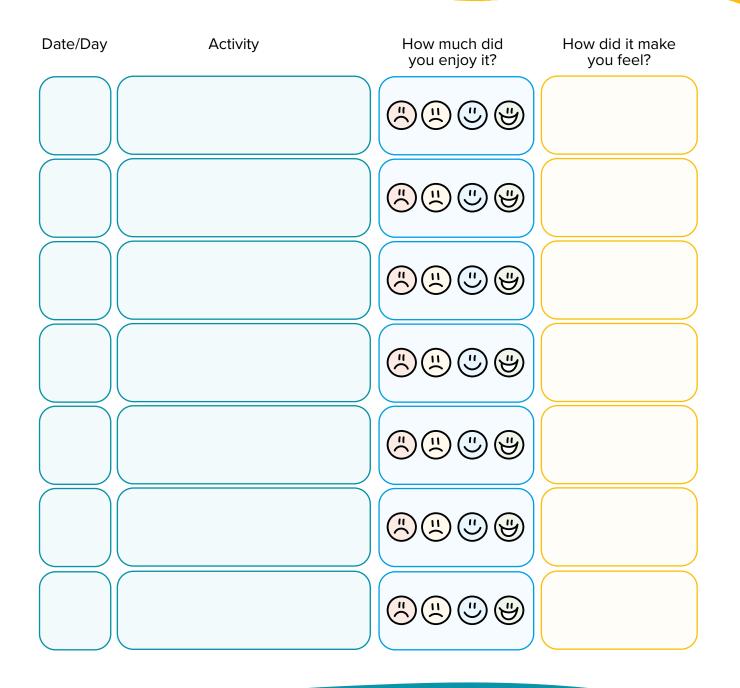
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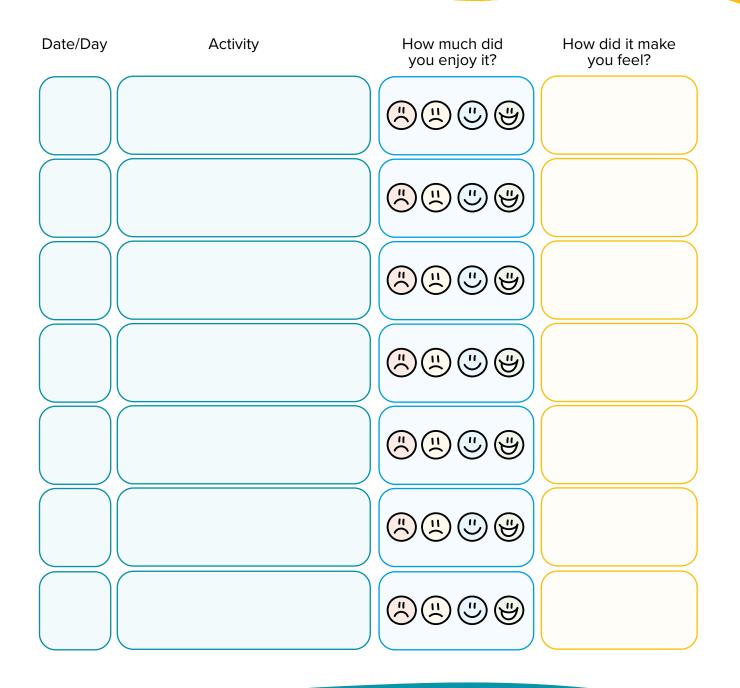| Date/Day	Activity	How much did you enjoy it?	How did it make you feel?
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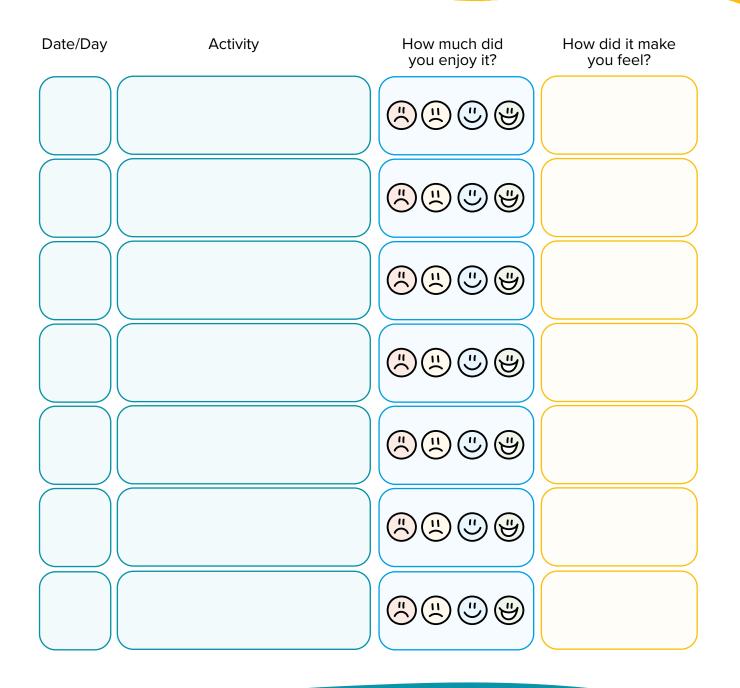**3 HOURS EACH DAY**
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ONE COUNTY
ONE MISSION
ONE NETWORK

Active
Lincolnshire

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children's links

Active Lincolnshire

For more information visit
www.activelincolnshire.com

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

/activelincs   **@ActiveLincs**   **@activelincs**

#Letsmovelincs

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