

**CUT ME OUT
& STICK ME ON THE FRIDGE**

Use our Activity Tracker to record your active minutes and start 2021 on the right foot!

FOUR WEEK | ACTIVITY/KEEP WELL TRACKER

Adults should aim to be active for 30 minutes 5 days a week!

Every evening decide which activities you are going to do tomorrow.
Make a commitment & stick to it!

WEEK	WEEK 1 (Example)		WEEK 2		WEEK 3		WEEK 4	
	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes	Target Minutes	Achieved Minutes
MONDAY	30	20						
TUESDAY	30	35						
WEDNESDAY	0	15						
THURSDAY	30	30						
FRIDAY	30	35						
SATURDAY	0	20						
SUNDAY	30	15						
My Weekly Total	150	170						
How did I do this week?	I am happy with myself. I was active for 20 minutes more than my target and I feel great.							



Take a photo of your completed tracker & email it to keepwell@waterfordcouncil.ie to be in with a chance of winning a Healthy Waterford Keep Active Pack (Fitness Mat, Water Bottle, Hi Vis Vest, Fitness Tracker & Hygiene Hook) ENTER BEFORE FRIDAY 19th FEBRUARY

WANT TO TRACK ANOTHER FOUR WEEKS?
Download the 'Tracker' from our website
www.waterfordsportspartnership.ie