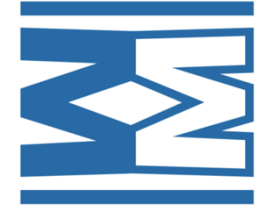


Your Daily Dose of Move-More Medicine for Keeping Active!



How does it Work?

1. Complete this diary up to 3 times a day, try and do all three! (*Morning, Lunchtime and Afternoon*).
2. Choose your activity. (*A different activity for each time of the day*).
3. Choose your time scale. (*This can be the same or different each time*).
4. Choose your challenge. (*Can you push yourself out of your comfort zone?*)
5. Do it then record it!

Rules:

- No stopping. *“Keep going you’ve got this!”*
- Put on a timer! *“Get ready”*
- Find a safe and friendly space to complete it in. *“What’s around you? Is it safe? Is anything going to get in your way?”*
- Now go! *“GO GO GO! You’ll do great!”*



My Move-More Diary

<u>Day of the week</u>	<u>Morning</u>	<u>Lunchtime</u>	<u>Afternoon</u>	<u>Comments (How did it feel?)</u>
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

My Activities:

- Star jumps
- Balance on one leg like a flamingo
- Run on the spot
- Throw and catch a ball or a rolled up pair of socks
- Touch the floor, then jump to the sky
- Balance on your bottom with hands and feet up in the air
- Jump up and down
- Hop up and down on one foot
- Jump like a frog.
- Gallop on the spot
- Move round the room like a snake.
- Move a ball around your body

My Challenges:

- How many can you do?
- Can you set yourself an amount and see if you can reach it?
- Can you do it with your eyes closed?
- Can you do it with a family member?
- Can you try and beat your score?

