PARTICIPACTION Community Better CHALLENGE

Let's Get Tracking!

It's time to start tracking your daily physical activity for the ParticipACTION Community Better Challenge! Be sure to track your minutes after an active recess, gym class, or playing games and sports after school.

Every minute counts!

Week of:	Activity What did you do?	Duration How long did you do it?	Intensity How hard did you work? Light, moderate or vigorous?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Let's Talk Intensity.

LIGHT. Your body is moving, but you're not sweating or breathing harder. You should have no problem singing or holding a conversation.

MODERATE. Causes you to sweat a little and to breathe harder. You should still be able to talk, but not sing along to your favourite song.

VIGOROUS. Causes you to sweat and be out of breath. You shouldn't be able to say more than a few words without pausing for a breath.

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