



Post this sheet on the fridge at home!  
Each time you do an activity or exercise of 15  
minutes; add an 'x' in the correct box

## K.G COYOTE'S PHYSICAL ACTIVITY CHART

<b>MONDAY</b>	X X - 30 mins					
<b>TUESDAY</b>	X X - 30 mins					
<b>WEDNESDAY</b>	X - 15 mins					
<b>THURSDAY</b>	X X X - 45 mins					
<b>FRIDAY</b>	X X X - 45 mins					
<b>SATURDAY</b>	X X X X X X - 90 mins					
<b>SUNDAY</b>	X X X X X X - 90 mins					
<b>TOTAL</b>	345 minutes or 5 <sup>3</sup> / <sub>4</sub> hours					

- Make sure you are bending and stretching every day
- Run, skip, jump or walk as much as you can
- Take the stairs or take the dog for a walk

REMEMBER - KEEP YOUR BODY MOVING TO BE  
HEALTHY AND FIT!