



ARE YOU FIT FOR 2021?

Challenge 1 : over 21 minutes of continuous exercise everyday...

Walking, running, cycling, scooting, skating...

Test your self-motivation, resilience, self belief and determination!

Challenge January

Log your minutes below and send completed tables to your class teacher

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Minutes
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

