



# **ACTIVE KIDS ACADEMY** **FITNESS FOR ALL**

## **CAN YOU MOVE FOR 1 HOUR A DAY?**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**WRITE DOWN ALL THE  
ACTIVITIES YOU DO IN THE  
DAY. ADD UP THE TIMES  
AND SEE CAN YOU MOVE  
FOR AN HOUR A DAY**