

**DID YOU TRY
ANY NEW
FRUIT OR
VEG
TODAY?**



Active Academy

FITNESS FOR ALL

**WHAT
FRUIT OR
VEG
DID YOU EAT
TODAY?**

HEALTHY EATING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TREATS

**CAN YOU DO
SOMETHING
ACTIVE EACH
DAY?**



Active Academy

FITNESS FOR ALL

LET'S MOVE
WALK
FOOTBALL
PARK
CYCLE
DANCE

ACTIVE LIFESTYLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NEW ACTIVITY