

The Facts4Life 30 Day Activity Challenge



Preparing for your journey of health

Well done for accepting the Facts4Life 30 Day Activity Challenge to help you prepare for your journey of health.

To complete this challenge you need to decide what you would like to do to prepare for your journey of health. You might choose something like:

- Doing minutes physical activity every day, e.g. 50 skips, run 3 times round the playground, join in the Daily Mile
- Eating fruit and vegetables portions every day
- Eating no more than one sugary snack each day
- Going to bed half an hour earlier than normal each day to get a good night's sleep
- Cutting out 'screen time' an hour before bedtime every day

or whatever you think will help you to prepare for better health.

Remember, you must choose something that you will be able to achieve each day.

Write your own challenge here:

For my Facts4Life activity challenge I am going to

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by.....

.....

Signed (your name).....

You also need an adult (teacher, parent or carer) to sign to say they will support you with the challenge.

Adult's signature.....

On the table make a note (or ask an adult to make a note for you) of each day that you achieve your challenge. Put a tick by all the days that you manage to achieve the challenge. An adult should also initial to confirm that you have achieved the challenge.

At the end of the 30 day activity challenge count up how many days you have managed to achieve the challenge. If you have ticked off between 15 - 20 days you will receive a bronze certificate, 21 – 25 days will earn you a silver certificate and 26 -30 days will mean you will be presented with a GOLD certificate!

Day	Tick if achieved	Adult Confirmation	Day	Tick if achieved	Adult Confirmation
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		
Total number of ticks					

Well done for taking part in the Facts4Life 30 Day Activity Challenge

Below you can record how you went about your challenge. You might like to consider:

- How did you decide what to do for your challenge?
- Who helped you?
- What did you find easy?
- What did you find hard?
- Did it get easier as you went on?
- Did you enjoy the challenge?
- Did you feel any different because of it?

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What next? Write your thoughts below showing what you will do now you have finished your challenge. How will you continue to prepare for your journey of health?

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