

# My Family Moves Activity Calendar



Name: \_\_\_\_\_

Month: \_\_\_\_\_

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p><b>Target:</b> Aim for at least 15 minutes of exercise each day. Log your activity type and time spent. Notice how you feel!</p>			

My favourite activity this month: \_\_\_\_\_

I've completed a month and I'm feeling: \_\_\_\_\_

**For activity ideas and tips visit: [gingerbread.org.uk/community/my-family-moves](http://gingerbread.org.uk/community/my-family-moves)**

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Single parents, equal families