

Keep active

Week 1 health age score _____

Week 4 health age score _____

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Walk 10,000 steps								
Achieve 30 minutes of moderate intensity exercise								
Every hour stand up for 3-4 minutes								
Use alternative methods to fulfil your normal routine e.g. stairs instead lift								
Turn housework in to exercise								
TOTAL POINTS FOR THE WEEK								

WEEK 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Walk 10,000 steps								
Achieve 30 minutes of moderate intensity exercise								
Every hour stand up for 3-4 minutes								
Use alternative methods to fulfil your normal routine e.g. stairs instead lift								
Turn housework in to exercise								
TOTAL POINTS FOR THE WEEK								

WEEK 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Walk 10,000 steps								
Achieve 30 minutes of moderate intensity exercise								
Every hour stand up for 3-4 minutes								
Use alternative methods to fulfil your normal routine e.g. stairs instead lift								
Turn housework in to exercise								
TOTAL POINTS FOR THE WEEK								

WEEK 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	TOTAL
Walk 10,000 steps								
Achieve 30 minutes of moderate intensity exercise								
Every hour stand up for 3-4 minutes								
Use alternative methods to fulfil your normal routine e.g. stairs instead lift								
Turn housework in to exercise								
TOTAL POINTS FOR THE WEEK								