



Age range

- 8-14.

Group size

- On your own.

What you need

- Log book or record sheet (see back of this card).

Safety points

- It is important that you do not perform too much activity on any one day. You should not feel so fatigued that you are unable to participate in your other daily activities e.g. school work.
- Do not go out on your own.
- Make sure you tell an adult where you are going.

Easier

- Set up a 500 Club.

Harder

- Set up a 2,000 or 5,000 Club.

What to do

- You will be given a record sheet (see the back of this card). Use this sheet to record any activity that you complete and the time over which you are active.
- You will be awarded 1 point for each minute of activity that you complete. You can gain extra bonus points if you do activity at the weekend.



Bonus points

Add:

- 5 points if you do the activity on a Saturday or Sunday.
- 20 points if you get a friend, brother or sister to join you.

