January Fitness Month 2024 Let's Get Active!



Week	Walk to / from school						30 minutes of exercise Please name the activity when completing the table. This could be a sports club, family walk, bike ride or a visit to the park etc.						
	Mon	Tues	Weds	Thurs	Fri	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	
1: w/c 8 th January													
2: w/c 15 th January													
3: w/c 22 nd January													
4: w/c 29 th January													