



ACTIVE TOGETHER 2021

THE FAMILY PHYSICAL ACTIVITY CHALLENGE

MONDAY 11TH JANUARY – SUNDAY 14TH FEBRUARY

HOW TO GET INVOLVED

1. Print or recreate this activity log.
2. Log your family physical activity (20 minutes or longer).
3. Take a picture of your activity log.
4. Scan the QR code below and complete the short form - including uploading the picture of your log - before Monday 15th February at 5pm.
5. Download and print your e-certificate.

THE CHALLENGE

Complete and log **21x 20+ minute** physical activity bursts including 2 or more members of your household, using the activity log below. Activities must be completed between **Monday 11th January** and **Sunday 14th February**.

Example activities that you could record may include: skipping, football, jogging, walking, climbing, riding a scooter or walking the dog - anything that increases your heart rate!

What is great about this challenge is that family members do not all have to do the same activity at the same time. For example, a parent(s) could walk to the park while the child/children ride their scooters. Log your efforts below for a chance to win!



WHAT WAS THE ACTIVITY?



WHO TOOK PART?



HOW LONG WERE YOU ACTIVE?



WHEN?



SCAN ME

using the camera on your phone. Complete the entry form to be in with a chance of winning a family activity hamper!

@SOLIHULLNORTH

@SSOLIHULLSSP

#ACTIVETOGETHER

#STAYINWORKOUT