



20 Minutes A Day For The Month Of May



- ! Physical activity is great for keeping your whole body healthy.
- ! We are encouraging everyone to do **20 minutes** of physical activity each day throughout May.
- ! Walk, run, wheel, scooter or skate. Take a brain break to get in some physical activity or have some time away from the desk – how about a walking meeting or take a lunchtime walk with a colleague?
- ! Use this sheet to record how many minutes of physical activity you do (whether that is going for a walk, doing an online fitness class, gentle movement or even gardening). Having a record can help you stay motivated and allow you to see your progress.
- ! Please share your pictures with us using **#MayActive20** on social media.



Write down the number of minutes you are active each day in the star.

	Monday Minutes	Tuesday Minutes	Wednesday Minutes	Thursday Minutes	Friday Minutes	Saturday Minutes	Sunday Minutes	Total Minutes
Week 1 (1 st -7 th)	★	★	★	★	★	★	★	
Week 2 (8 th -14 th)	★	★	★	★	★	★	★	
Week 3 (15 th -21 st)	★	★	★	★	★	★	★	
Week 4 (22 nd -28 th)	★	★	★	★	★	★	★	
Week 5 (29 th -31 st)	★	★	★					

Can you find a creative way to record your minutes of physical activity throughout May?

#MayActive20 #DGDoingMore #FeelingBetterFort

