



# 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.**

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

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

**#MayActive20 #DGDoingMore #FeelingBetterFort**

