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| April/ avril activity log | 2020 |
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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  | 16 | 17 | 18 | 19 |
| first |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| second |  |  |  |  |  |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
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| check out the Éwes phys.ed webpage for ideas to stay active | **GOAL**  We suggest you do a minimum of 2 times 30 minutes of physical activity per day. You can set your own goal too. | RECORD Write down in the calendar the two activities you did and times in the appropriate space. | REFLEXION How are you feeling? Did you achieve your goal? |