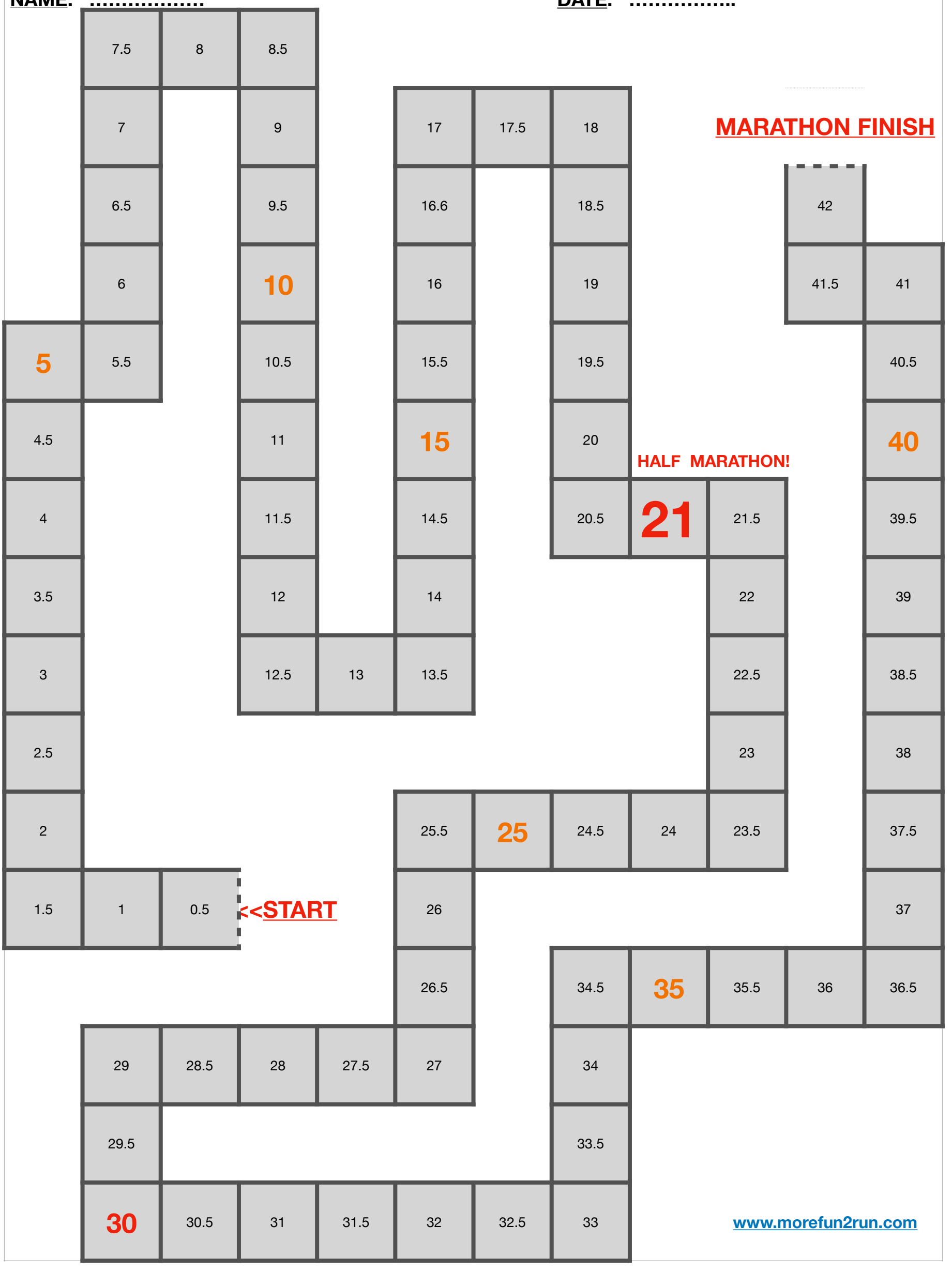
FINISH YOUR MARATHON - ACTIVITY LOG

6 Minutes of heart pumping physical activity = same as 0.5km running! *ACTIVITY IDEAS: jump rope, bike ride, obstacle course, soccer, tag*

Colour one square for every 6 minutes of physical activity and get to the marathon finish line!

NAME: ……. **DATE:** ……..