



20 / 21 FITNESS CHALLENGE

As it's a new year your school in association with Southern Area Sport are challenging you to do **20 DAYS** of exercise for at least **21 MINUTES A DAY** #2021, its simple:

CHOOSE YOUR EXERCISE (This could be Running, Cycling, Yoga, Walking, Fitness or specific sports exercises / activities)

CHOOSE YOUR LOCATION (This can be inside or outside however remain safe)

PARTICIPATE FOR 21 MINUTES each day (This can be done in split parts if you want too)

RECORD Your Daily Exercises

Starting Monday 4th January you can exercise as much as you want!

ALL YOU NEED TO DO IS EXERCISE 20 DAYS within January for 21 Minutes a day and record BELOW!

Once you have done your #20/21 Share your efforts with your teachers and lets see how active we can be?

#STAYACTIVE #GETINVOLVED

DAY	EXERCISE	HOW MANY MINUTES TODAY	OVERALL TOTAL SO FAR	DAY	EXERCISE	HOW MANY MINUTES TODAY	OVERALL TOTAL SO FAR
1				11			
2				12			
3				13			
4				14			
5				15			
6				16			
7				17			
8				18			
9				19			
10				20			

OVERALL TOTAL MINUTES EXERCISED:

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