



# KEEP TRACK OF YOUR EXERCISE



30+ MINUTES



TIMER, PENCIL, PAPER, RULER



## Exercise or Not?

**Aim:** To work out which activities count as exercise and which don't.

**Instructions:** Create a list of different activities which you normally do each day at home. Do each activity for 2 minutes and put it into one of the following groups:

- A) Inactive—doesn't get you moving
- B) Walk and talk—you can still chat while doing the activity
- C) Huff and puff—you are out of breath by the end of the two minutes

Write your activities in the right column in a table like this.

INACTIVE	WALK AND TALK	HUFF AND PUFF

**Extension:** What about trying some of our [Get Going Games](#) and seeing where they fit in your table?.

Enjoy this activity? Use #stayhomestayactive and tag us @SustransScot on [Facebook](#) and [Twitter](#).

Make sure you get permission first!

Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at [www.ibike.sustrans.org.uk](http://www.ibike.sustrans.org.uk)



I BIKE

# KEEP TRACK OF YOUR EXERCISE



 1 HOUR 10 MINUTES



PAPER, PENCIL, COLOURED PENCILS/PENS, CUP, RULER

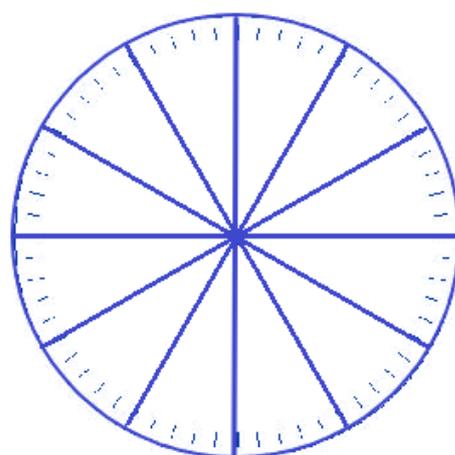
## 60 Minute Challenge

**Aim:** To try and do at least 60 minutes of exercise each day

**Instructions:** Use a cup to draw a circle on a piece of paper then divide it into 12 sections, so it looks like a bike wheel, like this one. Each section represents 5 minutes.

As you go through the day, colour in the minutes that you spend doing exercise and see if you can reach 60 minutes, the full wheel. You can use different colours for different activities and label them too, see our example below.

If you go over the 60 minutes, well done, you have smashed the challenge — now try and keep it up each day!



**Extension:** Do this each day and try to fill at least half with huff and puff exercise.

Ask your other family members to make a 60 minute challenge wheel too and see who manages to fill it during the day.



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