



# SWITCH WHAT YOU DO™

MONTH #1



## POINTS TRACKER

### Choose Your 1st DO Goal:

- ☐ 20 minutes of activity
- ☐ 30 minutes of activity

- ☐ 40 minutes of activity
- ☐ — minutes of activity (You choose.)

1. Choose this week's **DO** goal.

**MINUTES OF ACTIVITY A DAY.**

2. Track what you **DO** as many of the days of the week as you can.

### 2 WAYS TO GET SWITCH POINTS

Give yourself 3 points any day you meet your **DO** goal.  
Record any extra Switch Points.

3. **Earn** Switch Points. Add up your points. How many Switch Points did you earn?



### PHYSICAL ACTIVITY: RECORD YOUR MINUTES EVERY DAY\*

AIM FOR **DO** GOAL:

# 60

MINUTES (OR MORE)  
OF ACTIVITY A DAY

M

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*\*Physical activity time can be from sports, games, dance or active play - anything that involves moving around.*



MONTH #1

NAME \_\_\_\_\_ GRADE \_\_\_\_\_

TEACHER /LEADER \_\_\_\_\_ SCHOOL /CLUB \_\_\_\_\_

## SWITCH POINTS

3 points any day you meet your goal, plus any extra Switch Points you've earned

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RETURN THIS TRACKER TO THE SWITCH BOX