



SWITCH WHAT YOU DO™

MONTH #2



POINTS TRACKER

Choose Your 2nd DO Goal:

- ☐ 30 minutes of activity
- ☐ 40 minutes of activity

- ☐ 50 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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F

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



MONTH #2

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