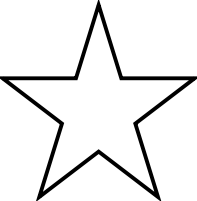
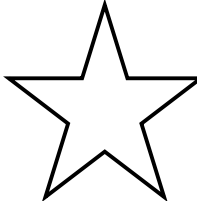
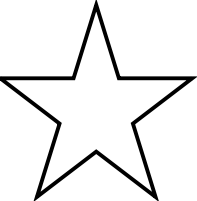
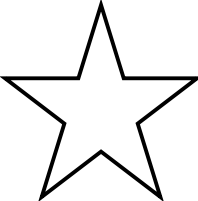
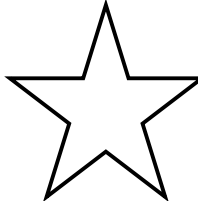
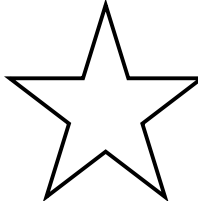
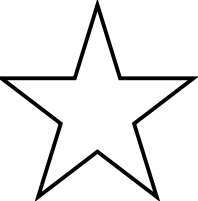


**PHYSICAL WELLNESS & BRAIN HEALTH TRACKER – GO WILD!!!  
I AM A MOVEMENT STAR!!**

Write in your Activities	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 Move-it Minutes							
15 Move-it Minutes							
15 Move-it Minutes							
Colour in the Star when you have done 1 hour							
Extra Move it Minutes							
Mindful Minutes Relaxation Activity							

## MOVEMENT SELF- REFLECTION:

**My favourite Move-it Minutes Are:**

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**New Physical Activities I tried this week:**

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**My favourite technology-free way to relax:**

---

**My Goal for next week is:**

---

**What do you notice about how adding daily physical wellness into your routine made you FEEL?**

---

### **Movement Minutes can include (and not limited to):**

- Walking
- Running
- Dancing
- Circuit Training
- Yoga
- Skateboarding
- Parkour
- Exploring outside
- Cleaning your room
- Playing a physical game
- Skipping
- Hop Scotch
- Gardening
- House chores

**ANYTHING THAT GETS YOU ACTIVE AND MOVING YOUR BODY! DO WHAT YOU LOVE AND TRY OUT NEW IDEAS TOO!**