



Active Schools Midlothian Activity Diary

Name:

School:

Class:

Contact Email address:

Contact Telephone number:

Please tick if we can keep your details for future Active Schools correspondence:

**Complete this diary from 20th April – 15th May to be in with a chance of
winning a £25 Active Schools Midlothian online activity
account credit for term 1 2020-21.**

Active Schools – Postal Address
Midlothian Council, Fairfield House, 8 Lothian Road
Dalkeith, Midlothian, EH22 3AA

STAY CONNECTED



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Are you fit & healthy?

#KindnessMidlothian

To stay fit and healthy at home during these times:

Aim to achieve at least one hour of activity most days of the week such as:

Skipping
Walking
Cycling
YoutubeFitness
Videos
Running
Activity
Challenge
Star Jumps



Remember to adhere to Government guidelines with regards to isolation and movement out-with the home whilst exercising during COVID-19.

It's also very important to maintain healthy eating habits...

<https://www.nhsinform.scot/healthy-living/food-and-nutrition/>

Record Your Daily Activities in the Diary Below...

For each 15 minute block of activity give yourself 1 point e.g.
 15 minutes= 1 point, 30 minutes =2 points, 45 minutes= 3 points
 & 60 minutes or more = 4 points

Don't worry if you miss a day...just start again the next again day!

| Active Schools Midlothian Activity Diary | | | |
|---|-------------------|--------------------------|-------------------------|
| Day | Activity | How Many Minutes? | How Many Points? |
| Day 1 | Walking & Cycling | 30 minutes | 2 points |
| Day 1 | | | |
| Day 2 | | | |
| Day 3 | | | |
| Day 4 | | | |
| Day 5 | | | |
| Day 6 | | | |
| Day 7 | | | |
| Day 8 | | | |
| Day 9 | | | |
| Day 10 | | | |
| Day 11 | | | |

*That's your activity for April all done
 ...now for May...*

#KindnessMidlothian

*...keep up the good work - you are doing an
AMAZING job...*

| Date | Activity | How Many Minutes? | How Many Points? |
|--------|----------|-------------------|------------------|
| Day 12 | | | |
| Day 13 | | | |
| Day 14 | | | |
| Day 15 | | | |
| Day 16 | | | |
| Day 17 | | | |
| Day 18 | | | |
| Day 19 | | | |
| Day 20 | | | |
| Day 21 | | | |
| Day 22 | | | |
| Day 23 | | | |
| Day 24 | | | |
| Day 25 | | | |
| Day 26 | | | |
| TOTAL | | | |

Remember:

For each 15 minute block of activity give yourself 1 point e.g.

15 minutes= 1 point, 30 minutes =2 points, 45 minutes= 3 points

& 60 minutes or more = 4 points

#KindnessMidlothian