**Active January Record Sheet**

Each box represents a new day in January. It works like a calendar which you can record what you do to stay active every day. You could also colour coordinate to show when you have exercised your brain, your body or both together.

For example: running on your own = active body, walking the dog with a friend = active body and mind or taking part in a quiz with friends = active mind. **Looking forward to seeing every box filled on February 1st 2020,** until then have fun and stay active for a positive new year!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
| **29** | **30** | **31** |  |  |  |  |