




My Daily Exercise Diary

Pick an activity to complete each day along with your daily exercise

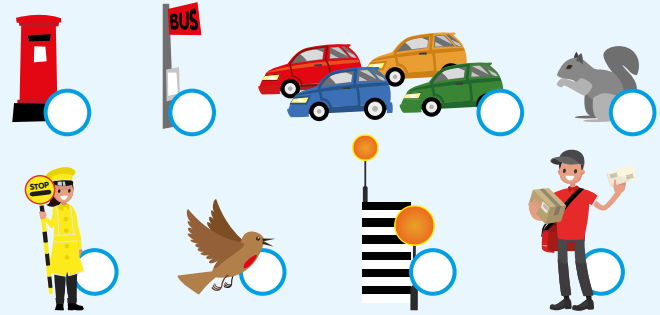
What do you need to do when crossing the road?

1. _____ 
2. _____ 
3. _____ 
4. _____ 

Match the words:

- | | |
|-----------------|----------|
| Belisha | Stride |
| Tactile | Be seen |
| Be Bright | Patrol |
| School Keep | Bus |
| Walking | Beacon |
| Pedestrian | Clear |
| Park & | Nogo |
| Togo | Crossing |
| School Crossing | Paving |

Tick if you have seen any of the following this week:



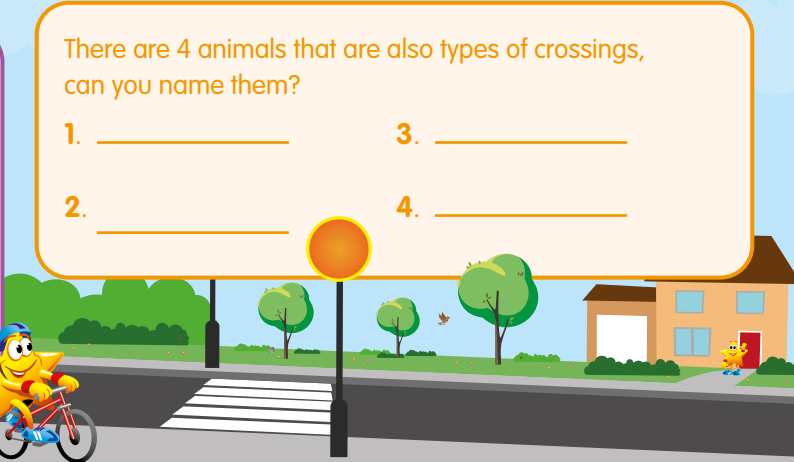
Can you find hidden words?

- ACTIVE** **WALKING**
KERB **HEALTHY**
CROSSING **HELMET**

C	E	V	I	T	C	A	W
T	R	T	D	R	G	H	A
L	E	O	W	H	E	J	L
B	Q	M	S	A	U	K	K
R	J	W	L	S	V	N	I
E	D	T	A	E	I	D	N
K	H	L	N	V	H	N	G
Y	L	O	M	I	I	B	G

There are 4 animals that are also types of crossings, can you name them?

1. _____
2. _____
3. _____
4. _____





My Diary

Name: _____

This week I have
walked / scooted / cycled
on the following days:

Tick

.....

.....

.....

.....

.....

Total Days

How many minutes
did you exercise for?

30	45	1 hr	1 hr+
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30	45	1 hr	1 hr+
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30	45	1 hr	1 hr+
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30	45	1 hr	1 hr+
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30	45	1 hr	1 hr+
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Colour the weather today

