

Well done for completing 5 weeks of the Get Active diary!

For your 6th week, look back over the past few weeks in your diary and answer the questions on this page...

Week 6 date: _____



Name: _____

Date: _____



1) When I look back at my Get Active Diary, I feel:
Circle any of the colourful statements below that you agree with!

I've improved a lot

I feel more energetic

I learned new skills

There are some things I'd like to improve

I want to get active more now

I feel more confident getting active now

I want to try a new get active activity

I tried something new

I want to keep going

Write any other feelings you have about your Get Active Diary here - positive or negative!

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2) My get active goal for the next 6 months is...

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.....

.....

3) Three things I'm going to do to reach this goal are...

1.

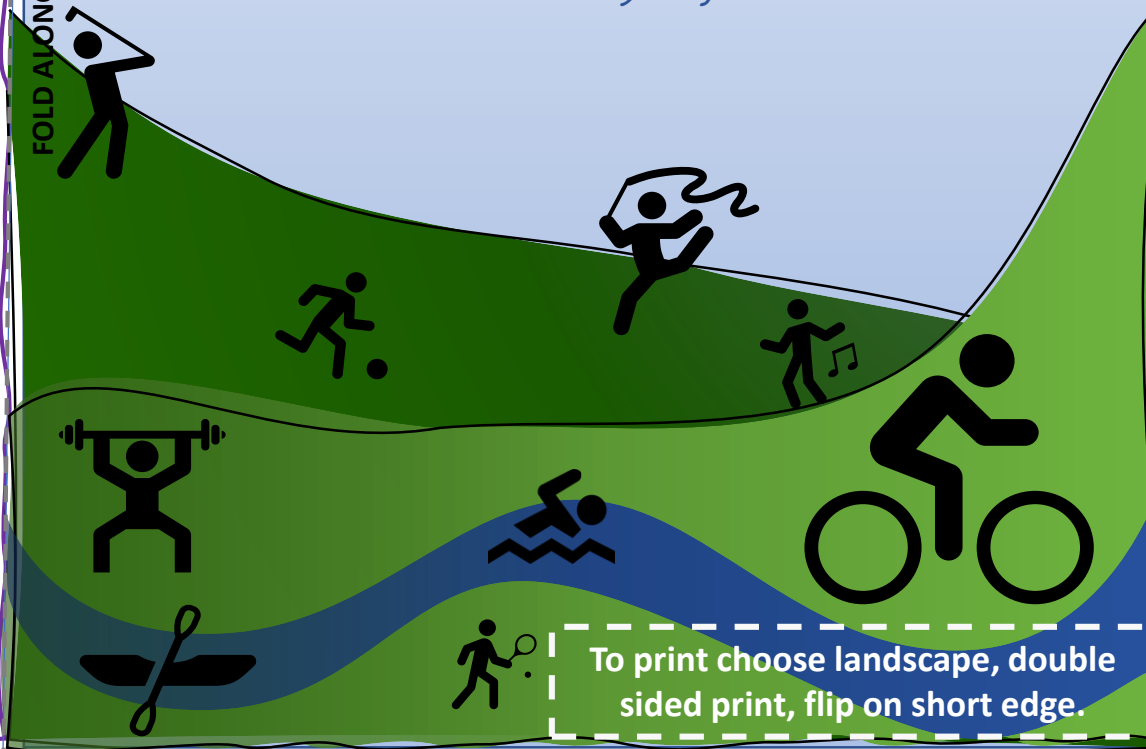
2.

3.

FOLD ALONG THE DOTTED LINE

My Get Active Diary

Keep your body moving and collect Children's University credits as you go!



To print choose landscape, double sided print, flip on short edge.

How To Use This Diary

Each week, try to **Get Active** in a way that you enjoy.

It could be playing football after school, going to a dance or swimming class, or doing exercises indoors. What activity will you choose?



Get involved with your chosen activity at least once a week for the next few weeks. Each time you take part, fill out one page of this Get Active diary OR record your answers as a video diary.



Log your credit online. Once you've completed each page, go to www.CUS-Aspire.com and search 'My Get Active Diary' to log your credit. Collect 1 credit coin for each week you complete the diary.



>>> Ready, set...go! >>>

Week 5 date: _____

1) I got active this week by...

2) My top get active moment this week was...

3) One time I kept going, even when it got difficult was...

4) My get active goal for next week is...

Week 4 date: _____



1) I got active this week by...

Tip! you can write more than one if you did a few things.

2) This week, a success I want to celebrate is...

3) A time when I showed leadership was...

4) My get active goal for next week is...

Week 1 date: _____



1) I got active this week by...

Tip! you can write more than one if you did a few things.

2) This week, I got better at...

3) One skill I improved this week was...

Tip! Check the Aspire skills section to see some of the skills you might use.

4) My get active goal for next week is:

Week 2 date: _____



1) I got active this week by...

Tip! you can write more than one if you did a few things.

2) This week, I put lots of effort into...

3) One time I worked well with others this week was...

4) My get active goal for next week is...

Week 3 date: _____



1) I got active this week by...

2) This week, one get active moment I was really proud of was...

3) One time I was really focused this week was...

4) My get active goal for next week is...