The PE Lockdown Challenge!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Did you complete a YouTube workout?	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins
Did you complete a P.E at Home Challenge?	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins
Did you complete a Dance workout?	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins
Did you complete a Yoga workout?	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins
Did you complete either a Cricket session or a School Games Challenge?	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins
Did you carry out any extra physical activity?	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins	Yes ___ No ___ Duration: _____ mins
Total amount of physical activity:	_____ mins	_____ mins	_____ mins	_____ mins	_____ mins	_____ mins	_____ mins