



**ARE *YOU* FIT FOR 20/21?**

**Challenge 1: Up to 20 minutes of continuous movement everyday**

***Walking the dog, riding your bike, cleaning your room, it ALL counts***

 **Challenge 2: over 21 minutes of continuous exercise everyday**

***Walking, running, cycling, skating, dancing, skipping , home PE…***

 **LOG YOUR RESULTS TO FIND OUT IF YOU’RE THE FITTEST,**

 **BEST MOTIVATED PERSON IN YOUR SCHOOL.**