

This Week's



ACTIVITY PLANNER

Set your goal - big or small - and tick the box every time you achieve it



GOAL	MON	TUE	WED	THUR	FRI	SAT	SUN

DAILY STEPS - Check your pedometer to record your steps

MON	TUE	WED	THUR	FRI	SAT	SUN

MY REWARD - Reached your goal? Celebrate your success!



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Department of Sport and Recreation