



ARE YOU FIT FOR 2021?

Challenge: **20 DAYS** of continuous exercise for at least
21 MINUTES a day during January

Walking, running, cycling, skating, Joe Wicks workout

*Log your results to test your self-motivation, resilience and
determination*

WHAT WILL YOU CHOOSE?



Sussex School Games Organisers
Virtual Competitions & Festivals
2020/2021





20/21 Fitness Challenge - Log

Challenge - 20 days of exercise for 21 minutes a day in January

- Choose your exercise (e.g. running, cycling, walking, yoga, Joe Wicks, dancing, sports exercises)
- Participate for at least 21 minutes (keep going without stopping if you can)
- Record what you have done on the table below

DAY	EXERCISE	HOW MANY MINUTES TODAY?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
Total number of minutes so far:		

DAY	EXERCISE	HOW MANY MINUTES TODAY?
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
Overall number of minutes:		

Don't forget to share your efforts with your teachers.