



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...

**LOG YOUR RESULTS TO FIND OUT IF YOU'RE THE FITTEST, BEST
MOTIVATED PERSON IN YOUR SCHOOL!**

WHICH WILL YOU CHOOSE?

