

My Activity Reward Chart

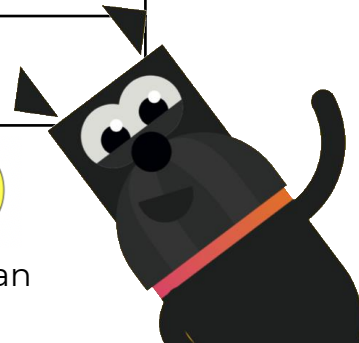


Moving Medicine

Name _____

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Reward activity				

For every 4 smiley faces you get to choose an activity to do with a friend or family member



How to use: Every week write down what activities you might like to do, and when you achieve this draw a smiley face in the box. You can use your vision board for ideas about things you might like to try