



# HOW TO USE THE ACTIVITY CHART

**The Activity Chart is aimed at children aged between 2 – 8 years old and should be a tool that encourages your child to be physically active every day.**

## **Instructions for use:**

- Use a new sheet for each week.
- Encourage your child to add their own name at the top of the chart.
- Your child should be encouraged to colour in Agito when they have been active for at least three hours spread throughout the day.

## TIPS

- This Activity Chart should be used as an encouragement to keep your child active so make completing the chart a highlight of the day. This will help your child develop positive feelings towards physical activity and normalise exercise.
- Before colouring in Agito everyday, take the time to talk about what physical activity your child undertook during the day (e.g. having fun in the playground, making sandcastles in the sand pit, playing hide and seek)
- Talk about what activity they enjoyed as this will help you develop ideas to keep them active at other times.
- Be aware if your child explains that they didn't like an activity and ask why.
- Be aware if your child complains that a particular activity hurt or affected their overall well-being. If you have any concerns contact your local GP or an Accredited Exercise Physiologist.
- Try and avoid rewards for physical activity, let your interaction and one on one attention be the reward.
- Encourage family activity time.

## References:

Australia's Physical Activity and Sedentary Behaviour Guidelines

Find your local accredited exercise physiologist at [www.exerciseright.com.au](http://www.exerciseright.com.au)

