



HOW TO USE ACTIVITY CALENDAR

A guide for adults

The Activity Chart is aimed at children aged between 5 – 12 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 month.
- Encourage your child to use the calendar as an exercise diary to complete what activity they have completed each day (e.g. swimming class, soccer, dance).
- Your child should be encouraged to complete at least 60 minutes of physical activity each day.
- Include at least one goal on the Activity Calendar that your child can strive towards (e.g. complete the school cross country, score a try at footie, walk the dog everyday)

TIPS

- Your child should do a variety of aerobic activities, including some vigorous intensity activity.
- When it comes to exercise, more is usually better!
- This Activity Calendar 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.
- Take the time to talk about what physical activity your child undertook during the day and praise them for their efforts.
- 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.
- If you do wish to set a reward avoid gifts or food rewards, instead make the reward an experience that encourages more activity e.g. family visit to fun park, having friends over etc.
- Encourage family activity time.
- Use the goal setting as motivation for your child and regularly refer to the goal and if they can achieve this.
- Remember, as a parent you are a role model to create a positive relationship with exercise, so play your part and keep active yourself!

References:

Australia's Physical Activity and Sedentary Behaviour Guidelines

Find your local accredited exercise physiologist at www.exerciseright.com.au

