

Podiatry & Orthotics
 Department
Get Out and Play!
Exercise and Reward Daily Tracker

☐ Roll across the grass on your side 10 times.

☐ Stand on one leg for 20 seconds – then do the same on the other foot.



☐ Take 10 giant steps forward.

☐ Run to the nearest building and back 3 times.

☐ Hop on one foot 8 times – then do the same on the other foot.

☐ Spin around with your arms outstretched 5 times.

☐ Hop like a frog 7 times.

☐ Take 10 giant steps backwards.

☐ Walk like a crab to the nearest building and back.

☐ Jump up and down 10 times.

☐ Walk like a bear to the nearest building and back.

☐ Take 10 giant steps sideways – one way then the other.



If I do this every day for 1 week I will receive: _____

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

"This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg".