

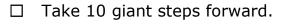
Podiatry & Orthotics Department

Get Out and Play! Exercise and Reward Daily Tracker



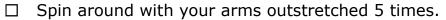
 \square Stand on one leg for 20 seconds – then do the same on the other foot.





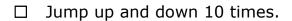
 \square Run to the nearest building and back 3 times.

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



☐ Hop like a frog 7 times.

☐ Take 10 giant steps backwards.



 \square Walk like a bear to the nearest building and back.

 $\ \square$ 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".

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