

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”.**