

move it!

POINTS WHEEL

10 MINS

+

30 MINS

Give it
a go!



15 MINS

Turn the dial
to match a
time to an
activity.
Read off
your points!





move it!

POINTS WHEEL

Find out more in your log book!



Instructions

- 1 Turn over the wheel and choose an activity.
- 2 Move the inner dial to match up your activity with the length of time you want to do it for and see how many move-it points you'll earn.
- 3 Do the activity and record your points in your My Move It Log Book!

The more you do, the more move-its you earn!



More move-it points (move-its)

Activity	Points for 10 mins	Points for 15 mins	Points for 30 mins
Basketball	50	75	150
Cricket	30	45	90
Flying a kite	25	40	80
Horse riding	30	45	90
Karate	50	75	150
Riding scooter	30	45	90
Tennis	50	75	150
Volleyball	30	45	90
Washing car	25	40	80