

YOUR FITNESS TIME

Track how many hours of organised sport and training you're doing. As a guide, we encourage you to avoid doing more hours per week than your age. For example, if you're a 10 year old, try aiming for no more than 10 hours of PE, training and competition per week. At least 1 hour a day of moderate to vigorous exercise is beneficial - either play or organised sport.

This helps you be the best you can be, without burning out.



Name:

Age:

Maximum hours:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
P.E 								
Training 								
Competition 								

Endorsed by The Sports Collaboration Group (SCG), an ACC-led partnership with the Sports Performance Research Institute New Zealand (SPRINZ), Sport New Zealand (SNZ), Sports Medicine (SMNZ) and National Sports Organisations (NSO's); Rugby (NZR), Rugby League (NZRL), Football (NZF), Basketball (BBNZ), Touch (TNZ), Netball (NNZ)

Total hours: