NSW PSC 10 WEEK CHALLENGE
Student wall chart

Update weekly physical activity data and view your e-Wall Chart in the PSC Tracker (psctracker.com.au)

Class / Team Name: ______________________________

Class/Team Members	Week 1				Week 2				Week 3				Week 4				Week 5				Week 6				Week 7				Week 8				Week 9				Week 10			
	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D	B	S	G	D

Aim for one of the following awards

B — Bronze: 200 mins/week, 30 mins/day

S — Silver: 320 mins/week, 45 mins/day

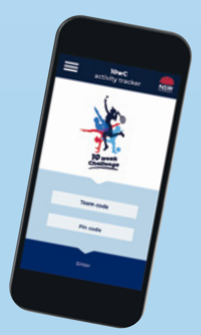
G — Gold*: 420 mins/week, 60 mins/day

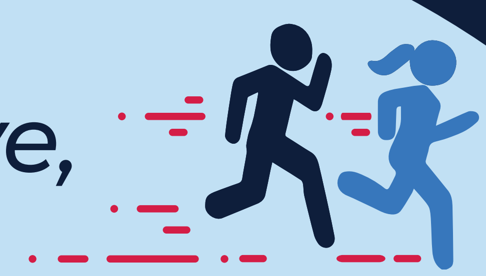
D — Diamond: 560 mins/week, 80 mins/day

* Australian Guidelines: All young people aged 13-17 years should accumulate 60 minutes of moderate to vigorous physical activity (daily) and limit sedentary behaviour.

NSW GOVERNMENT

To keep track of your physical activity data, use our 10wC activity tracker web app - **https://10wctracker.com.au/**



Premier's Sporting Challenge

***More** active, **more** often*