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

10 week Challenge

Aim for one of the following awards

Bronze
200 mins/week
30 mins/day

Silver
320 mins/week
45 mins/day

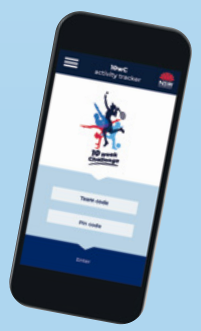
Gold*
420 mins/week
60 mins/day

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*