

# Physical Activity Challenge 3

## Active 100

What are we doing?



What is the challenge?

This challenge is to complete 100 minutes of activity in 7 days. You can complete any type of activity from walking, cycling, running or exercise sessions like HIIT.

What is the time limit?

This challenge will be attempted over 7 days.



## Virtual Medals

How can we complete this?



Walk, Jog, Run, Cycle, Swim, Row or use gym equipment to complete the 100 minutes or any other method. You can complete this challenge in one go or as many stages as you prefer. The challenge must be completed within 7 days.



100 mins



80 mins



60 mins



40 mins