



# Rainbow Hour Tracker

## Bronze Award



**Red:** Games Activities

**Orange:** Health and RSE Activities

**Yellow:** Move More Activities


**Green:** Outdoor and Nature Activities

**Blue:** Mental Wellbeing and Mindfulness Activities

**Indigo:** Personal Challenge and Competition Activities

**Violet:** Themed Celebration and Creative Activities

### The Goal

 Can you complete 10 hours of activity for each of the 7 colours?

### Instructions

Put a tick in the box on your tracker every time you do an hour of activity for any of the colours. When you reach the sun and achieve 10 hours for every colour, your tracker is complete and you will get a Bronze badge!








Submit your completed tracker at:  
[www.blackcountryrainbowhour.co.uk](http://www.blackcountryrainbowhour.co.uk)

School Name:

Child's Name:

Class Number:

Teacher Sign Off:

Hours Complete	1	2	3	4	5	6	7	8	9	10
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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#BlackCountryRainbowHour