

Challenge Card

"We are convinced that our walking has had a positive impact on all of us as we feel fitter and happier"

"It's been fun. It got our family talking"



Colour the pictures below to show on which days you did an activity. Underneath, note what you did and how it made you feel. Use one grid for each person taking part, or one for the whole family – it's up to you. Don't forget to **enter our competition by Friday 5 November**

myjourneyhampshire.com/walktober

START 	1 – Launch Day 	2 	3 	4: Week 1 Keep active, stay safe 	5 	6 	7
My Walktober day today ...							
8 	9 	10 	11: Week 2 Moving Mindfully 	12 	13 	14 	15
16 	17 	18: Week 3 Exercise Creativity 	19 	20 	21 	22 	23
24 	25: Week 4 Family Fun to Finish 	26 	27 	28 	29 	30 	31: Finish! Enter competition