



Your Steps Count! Challenge Card

Full Name: Age:



















School:

For Walktober I pledge to try and do the following:

Walk and cycle to school more!

Word Bank: Words you might like to add to your Challenge Card boxes below to describe the activity / how your activity makes you feel:

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|-----------|-------------|----------|-----------|-----------|-----------|-------|
| satisfied | smiley | sleepy | motivated | empowered | excited | fun |
| energised | exhilarated | peaceful | excited | proud | joy | fit |
| amused | content | relief | happy | healthy | rewarding | alert |

Week 1	Week 2	Week 3	Week 4 (Half Term)
Mon 3rd Walked to school Energised 	Mon 10th Scoot from the boot 	Mon 17th Walked - even though it was raining! 	Mon 24th Learnt how to read a bus timetable ready for our trip on Friday
Tues 4th Wrote a letter on behalf of the school to our neighbours telling them what I/the school do to support active travel	Tues 11th Scoot to school 	Tues 18th Walked to school - Rained but had an umbrella 	Tues 25th Went for a walk with Mum and Dad along Southsea seafront
Wed 5th Dropped at my friends and we walked from there - 10-minute walk.	Wed 12th Bike ride 	Wed 19th Train 	Wed 26th Went for a forest walk and spotted different types of trees
Thurs 6th Went on my bike to school and wore a bright jacket to be seen	Thurs 13th Bike 	Thurs 20th Walking 	Thurs 27th Cycled with my friend to the local park 
Fri 7th Walked/wheeled 3 laps of the playground at break	Fri 14th I tried a new cleaner air route to school away from the main road	Fri 21st Used the school Park and Stride from The Village Hall 	Fri 28th Took the bus to the local shops instead of using the car
Sat 8th Scooter 	Sat 15th Told my friend about a great local walk. They plan on doing it with their family tomorrow	Sat 22nd Bus 	Sat 29th Did a maintenance check on my bike and went for a 20 minute ride
Sun 9th Couch to 5K with my adult 	Sun 16th Took the dog for a walk 	Sun 23rd Walk to my friends happy	Sun 30th Went to the local farm and picked a pumpkin (thought about how far food travels)
 			Mon 31st Went on a pumpkin trail walk around where I live! 

Tick box – Tick the box at the end of Walktober if you achieved your pledge!