



Your Steps Count! Challenge Card

Full Name:

Age:

School:

For Walktober I pledge to try and do the following:

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

- | | | | | | | |
|-----------|-------------|----------|-----------|-----------|-----------|-------|
| 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	Mon 10th	Mon 17th	Mon 24th
Tues 4th	Tues 11th	Tues 18th	Tues 25th
Wed 5th	Wed 12th	Wed 19th	Wed 26th
Thurs 6th	Thurs 13th	Thurs 20th	Thurs 27th
Fri 7th	Fri 14th	Fri 21st	Fri 28th
Sat 8th	Sat 15th	Sat 22nd	Sat 29th
Sun 9th	Sun 16th	Sun 23rd	Sun 30th
			Mon 31st

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