

Care About Walking



My Name	
My Goal	

Week Commencing:	Number of steps walked today:	Where did you go walking today?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Total number of steps walked this week	WELL DONE! You have completed this week's movement activities. Remember to put a new poster on your wall for next week.
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What did you like about your walks this week?	
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