

# Clever heads have busy legs



## My Journey Walking Five A Day Challenge

**01.** I walked all or part of the way to school

MON	TUE	WED	THU	FRI
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**02.** I walked all or part of the way home from school

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**03.** I walked and ran around the playground at break time

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**04.** I found a friend to walk or run with at lunchtime

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**05.** I went for a walk after school

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Well done! 

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[www.myjourneyhampshire.com/active-travel](http://www.myjourneyhampshire.com/active-travel)

 **HELPING HAMPSHIRE GET AROUND**

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