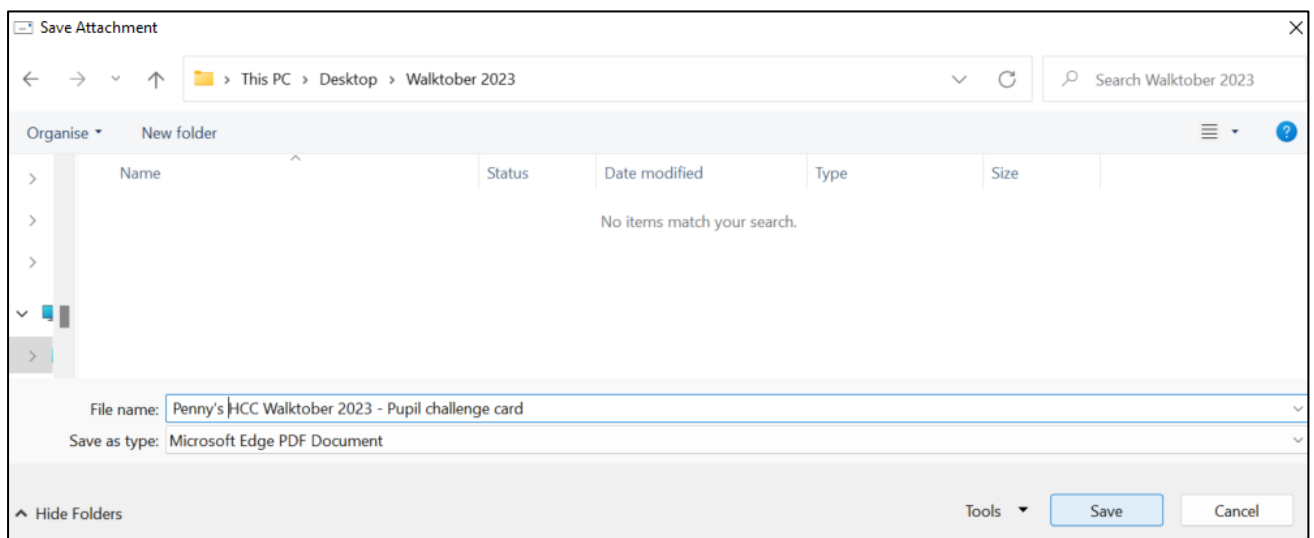
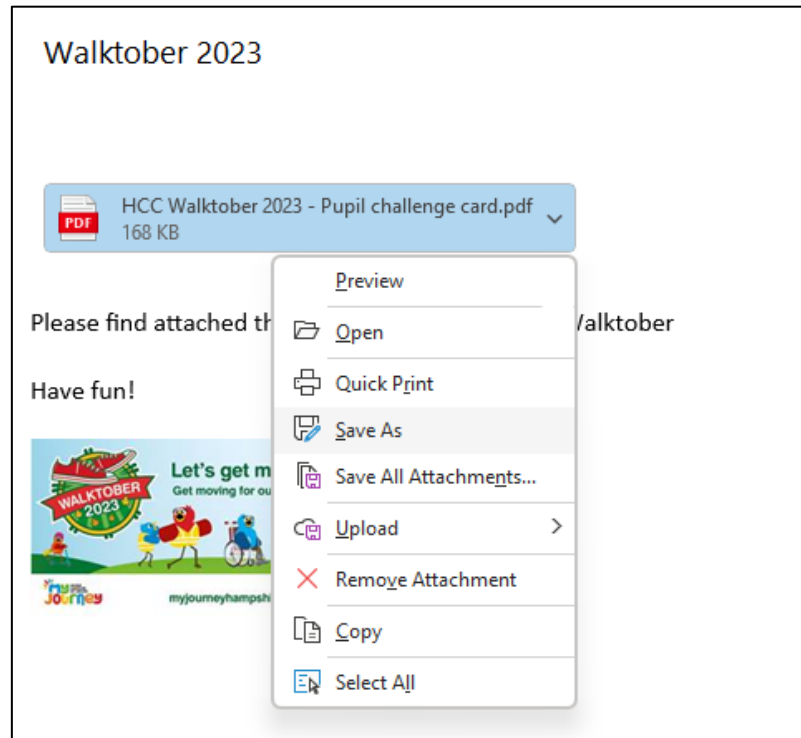


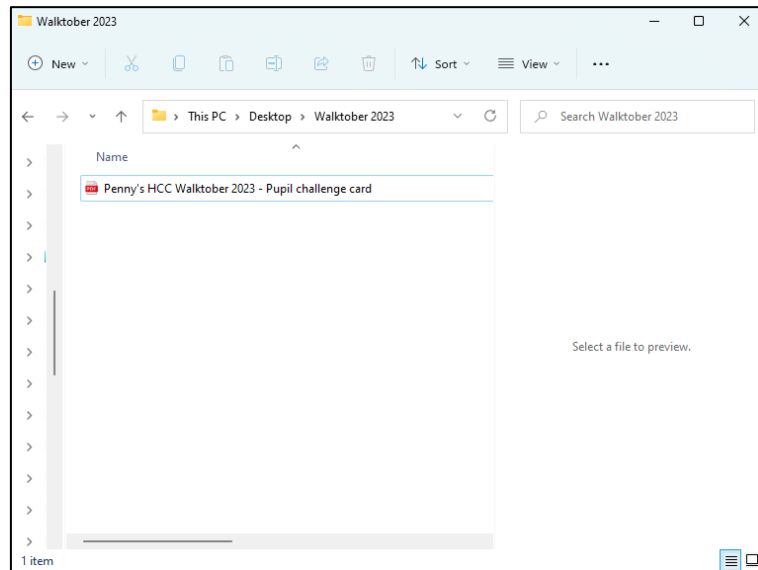
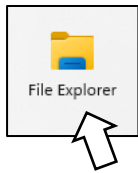
Guidance for completing the Pupil Competition Challenge Card

The Pupil Competition Challenge Card can be printed and filled in, or it can be completed on a computer. Below is some guidance to help you with filling it in on a computer.

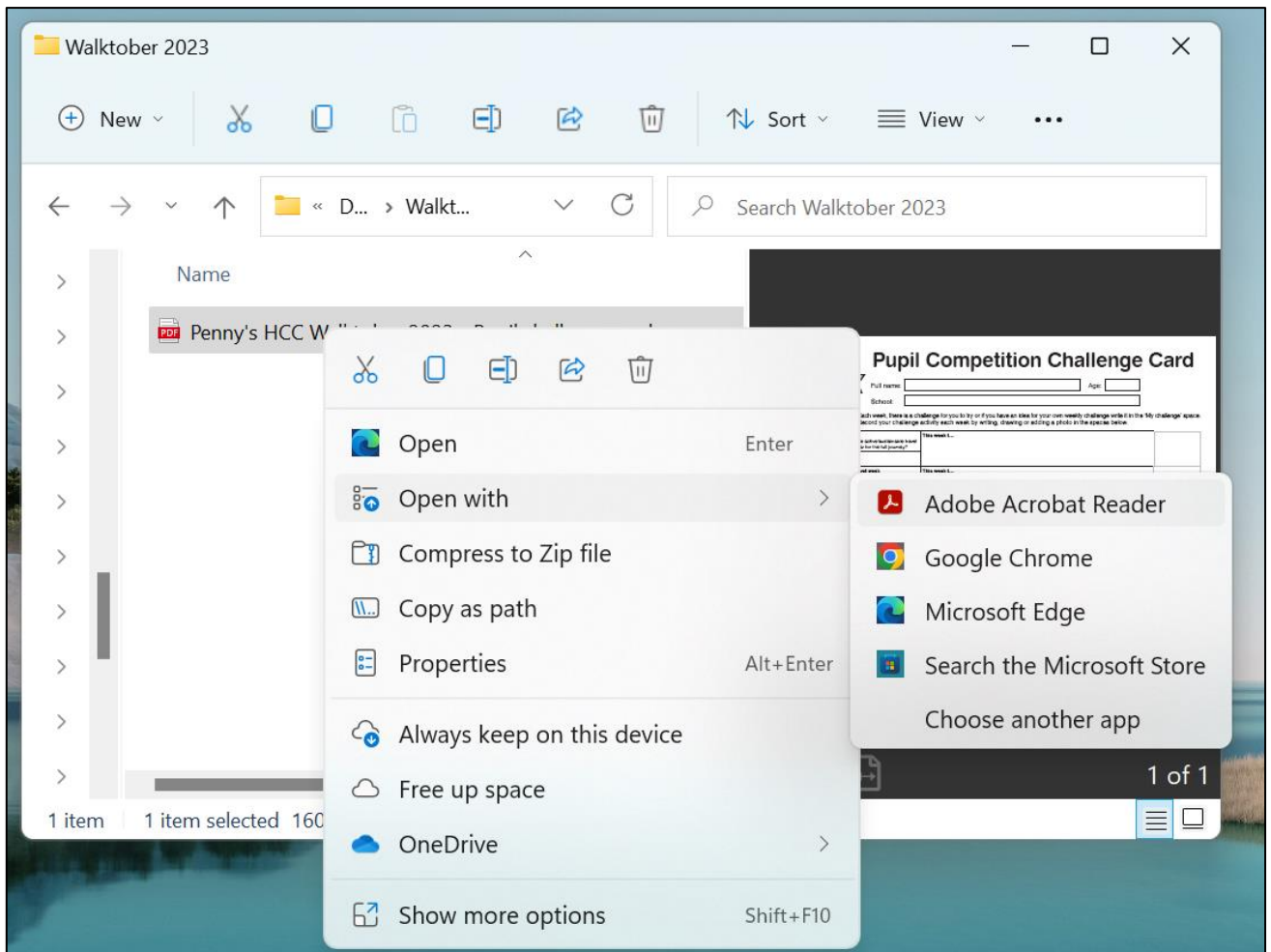
1. When you receive the Challenge Card save a copy to your computer.



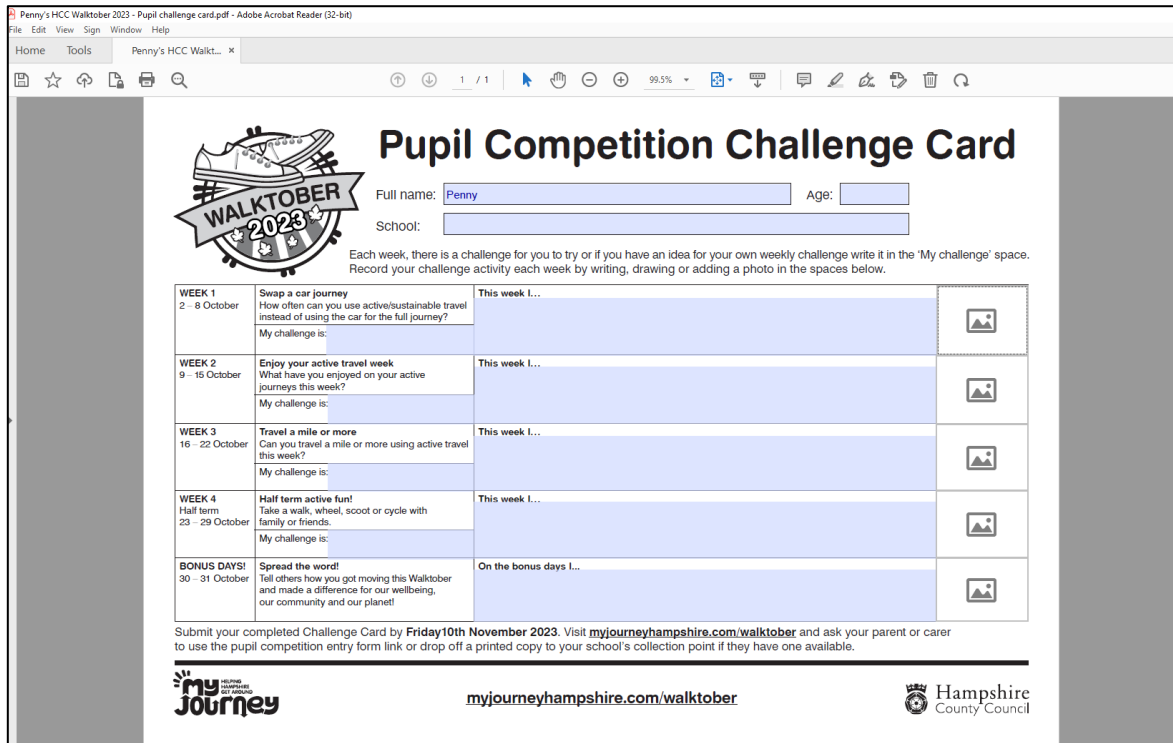
2. Find your saved Challenge Card in your computer's File Explorer



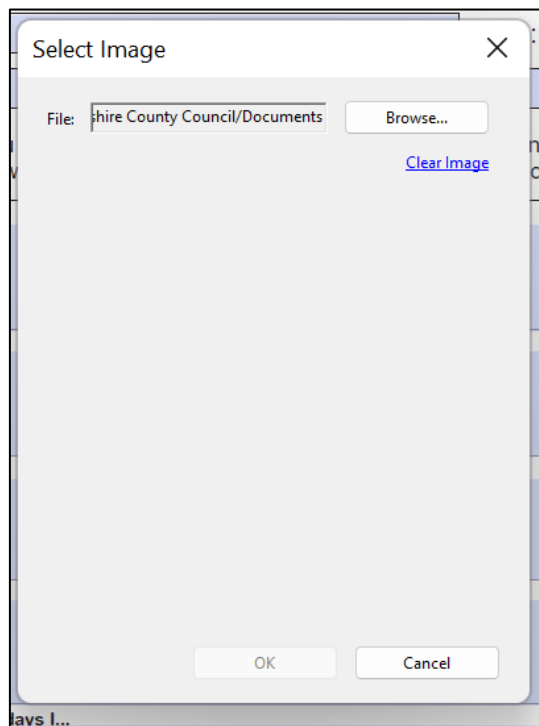
3. To add text to your Challenge Card, you can open it with your internet browser or using a PDF reader. If you would like to add any photos and/or scanned images, you will need to open it using Adobe or a similar PDF reader. Right click on the Challenge Card, select 'Open with' and choose your application.



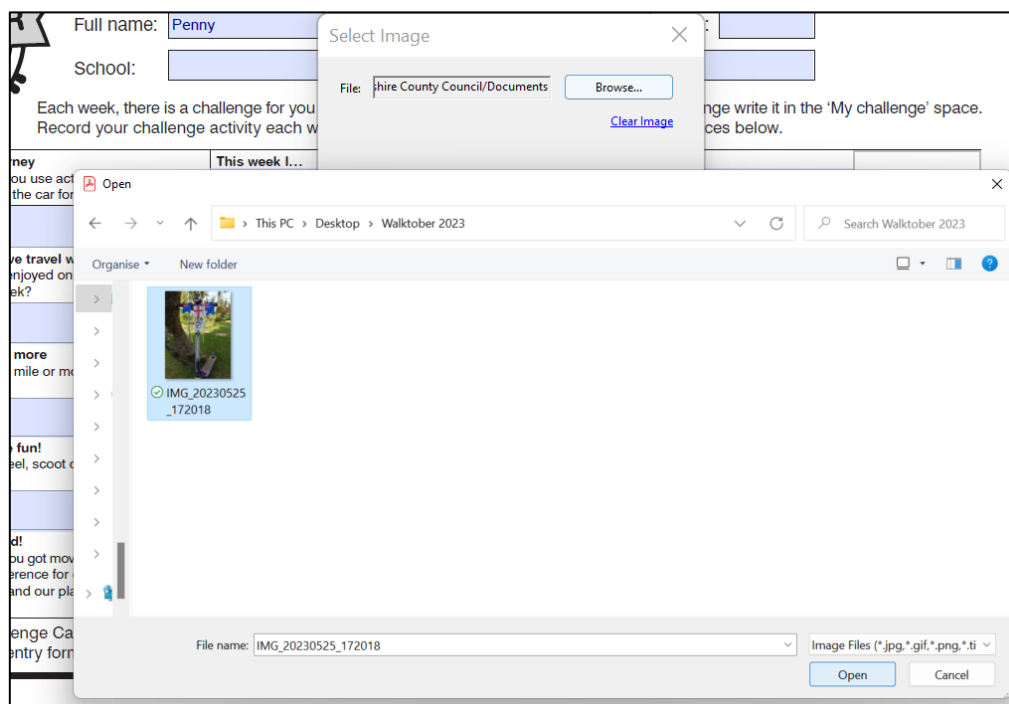
4. Below shows a Challenge Card open in Adobe Acrobat Reader. The blue boxes are text boxes and can be typed in.



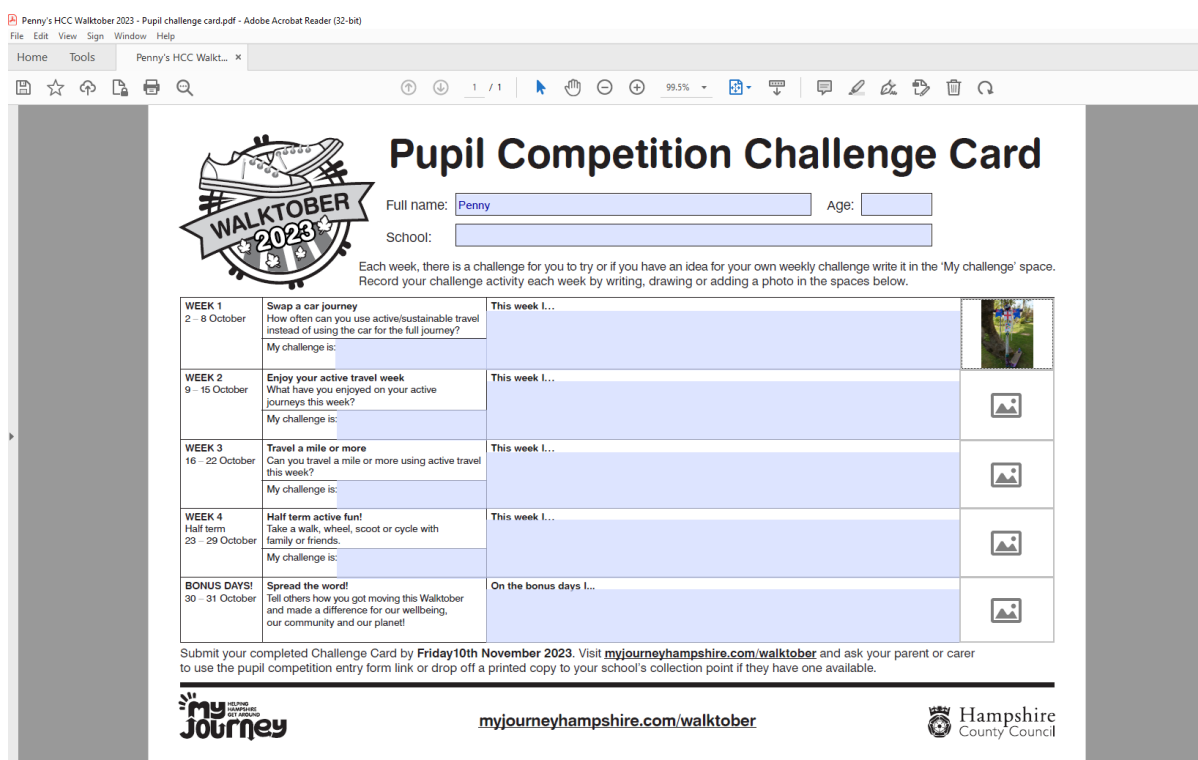
5. If you would like to add any photos or scanned images to your card, the boxes provided on the right of the table are image boxes. To add an image, click on an image box, select 'Browse...' and then find the image you want to add from your computer.



Select the image and click on 'Open'



The image will be added to your Challenge Card.



6. Finally, remember to save your Challenge Card once you have recorded your challenge activity and come back to your saved card each week to keep it up to date.
7. At the end of Walktober, visit myjourneyhampshire.com/walktober and use the pupil competition entry form to submit your Challenge Card into the prize draw for a chance to win! Alternatively, your school may have a collection point available for pupils who would like to submit a printed Challenge Card.