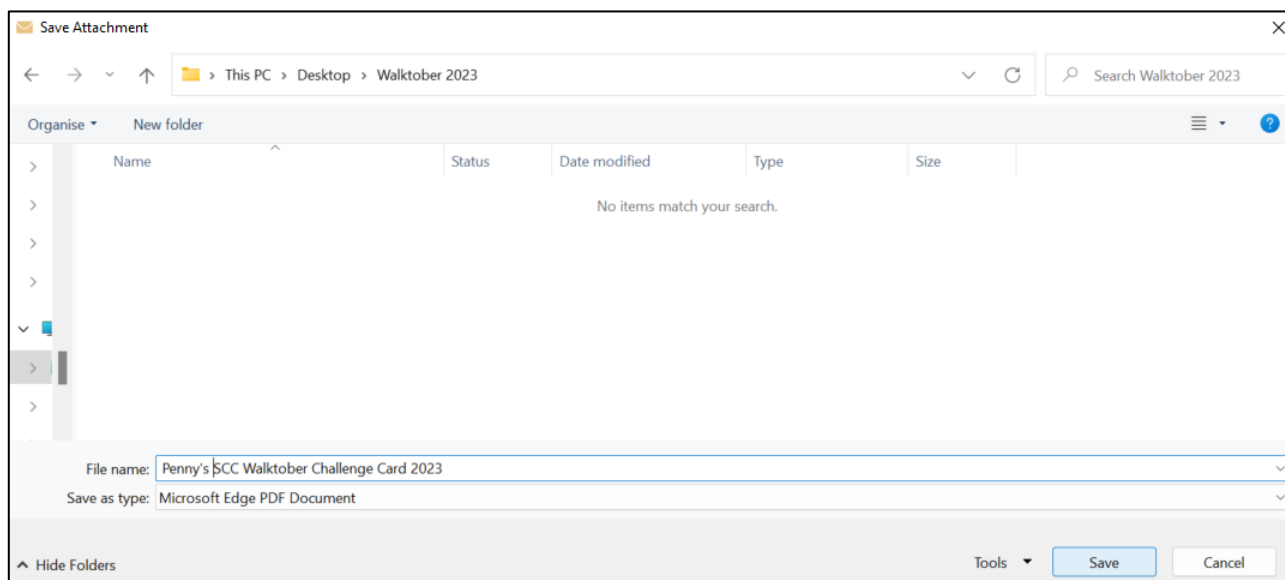
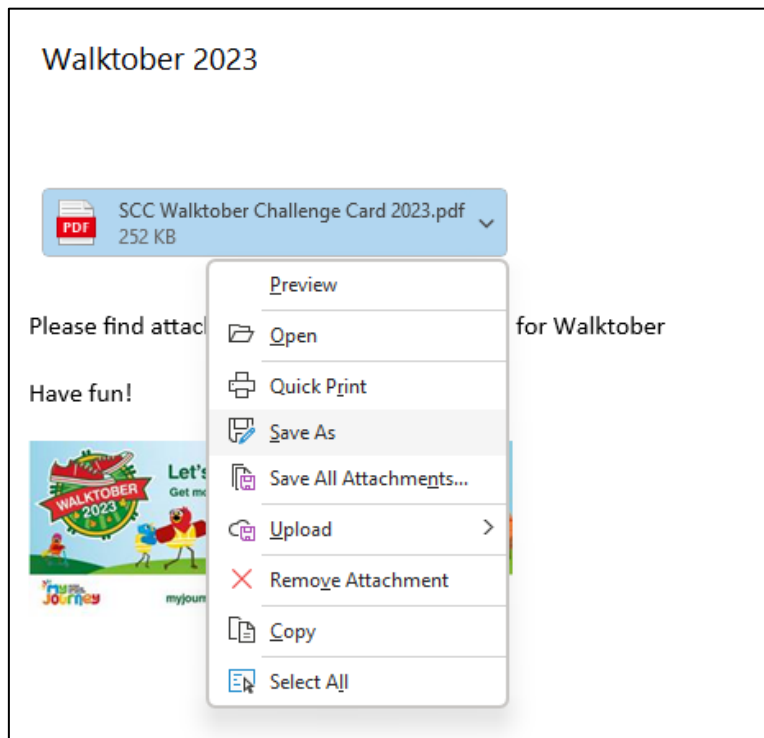


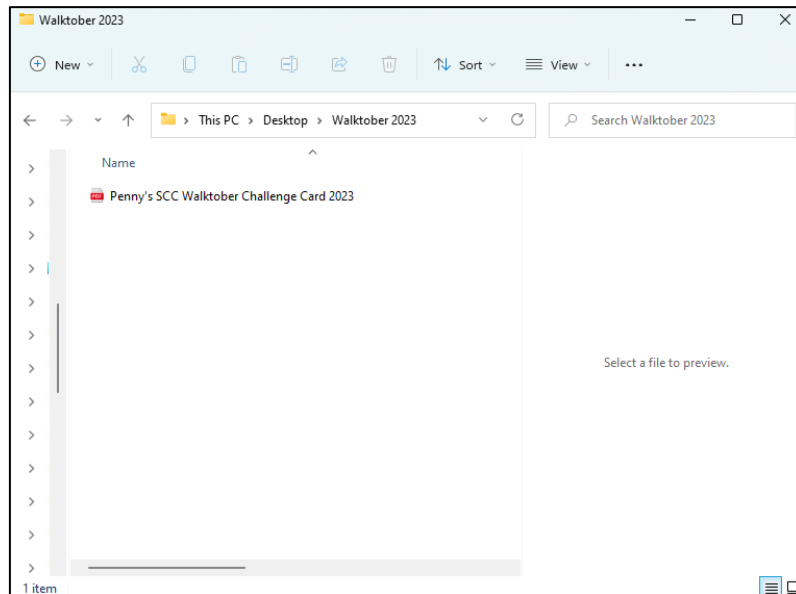
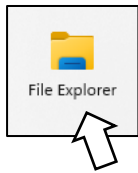
Guidance for completing the Pupil Competition Challenge Card

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.

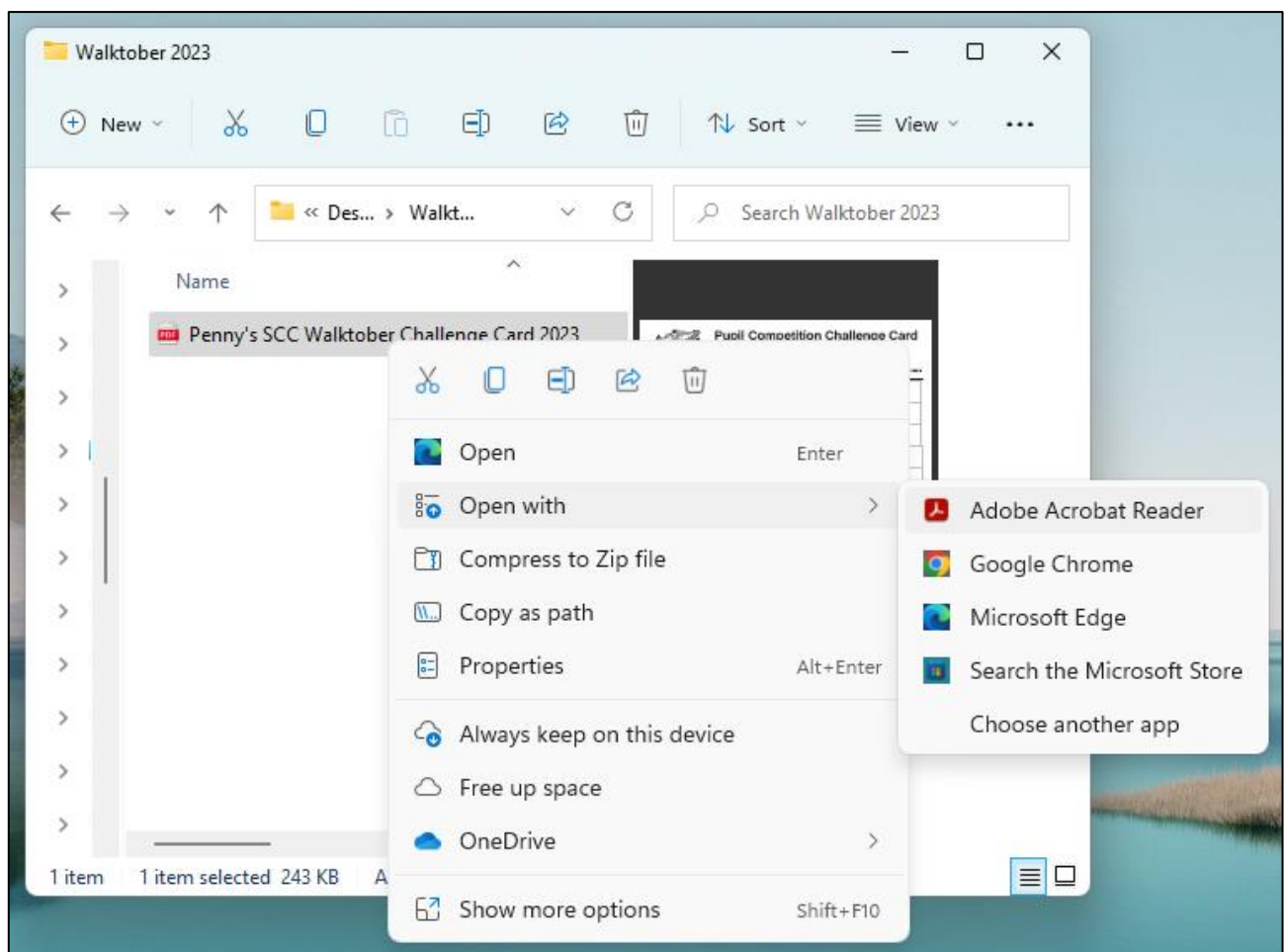


2. Find your saved Challenge Card in your computer's File Explorer



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.

Pupil Competition Challenge Card

Full name: Age:

School:

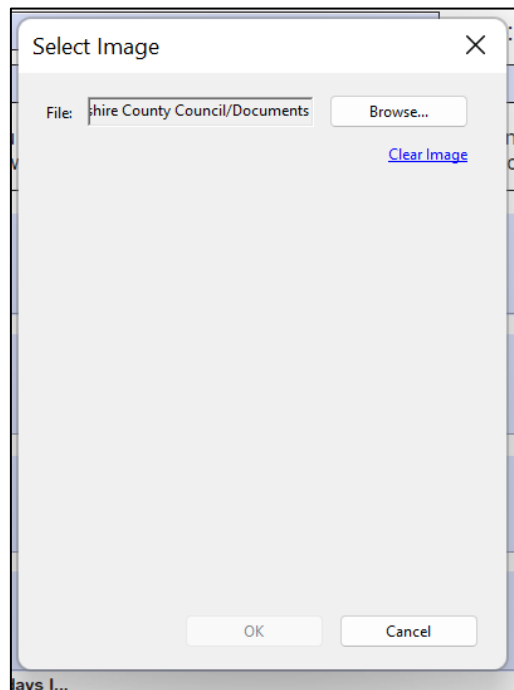
Each week, there is a challenge for you to try or if you have an idea for your own weekly challenge write it in the 'My challenge' space. Record your challenge activity each week by writing, drawing or adding a photo in the spaces below.

WEEK 1 2 - 8 October	Swap a car journey How often can you use active/sustainable travel instead of using the car for the full journey? My challenge is: <input type="text"/>	This week I... <input type="text"/>	
WEEK 2 9 - 15 October	Enjoy your active travel week What have you enjoyed on your active journeys this week? My challenge is: <input type="text"/>	This week I... <input type="text"/>	
WEEK 3 16 - 22 October	Travel a mile or more Can you travel a mile or more using active travel this week? My challenge is: <input type="text"/>	This week I... <input type="text"/>	
WEEK 4 Half term 23 - 29 October	Half term active fun! Take a walk, wheel, scoot or cycle with family or friends. My challenge is: <input type="text"/>	This week I... <input type="text"/>	
BONUS DAYS! 30 - 31 October	Spread the word! Tell others how you got moving this Walktober and made a difference for our wellbeing, our community and our planet!	On the bonus days I... <input type="text"/>	

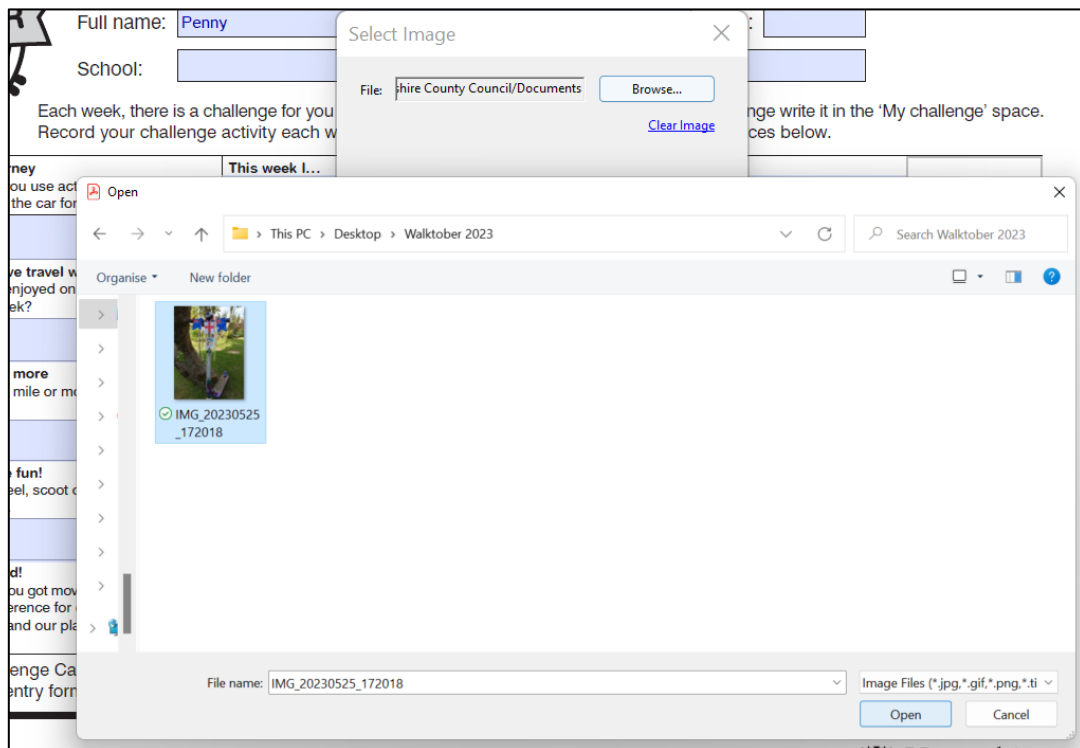
Submit your completed Challenge Card by **Friday 10th November 2023**. Please ask a parent or carer to email a scan or photo to info@myjourneysouthampton.com using the subject title 'Walktober 2023' or drop off a printed copy to your school's collection point if they have one available.

my Journey myjourneysouthampton.com/walktober **SOUTHAMPTON CITY COUNCIL**

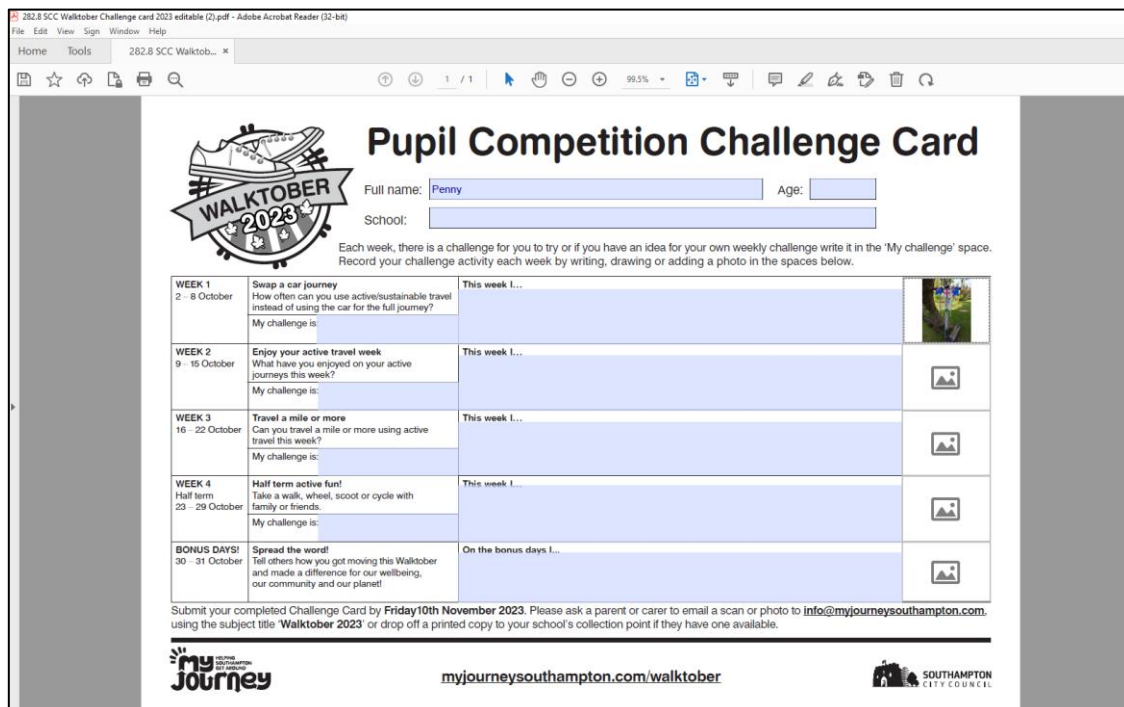
5. If you would like to add any photos or scanned images to your card, the boxes provided on the right of the table are image boxes. To add an image, click on an image box, select 'Browse...' and then find the image you want to add from your computer.



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, please ask a parent or carer to email your Challenge Card to info@myjourneysouthampton.com using the subject title 'Walktober 2023' 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.