



Walktober Activity 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	Swap a car journey How often can you use active/sustainable travel instead of using the car for the full journey? Make sure you record your journeys on the wall charts in your classroom. My challenge is:	This week I...
WEEK 2	Enjoy your active travel week Looking at your wall chart from last week can you try to take at least one additional active/sustainable travel to school this week? My challenge is:	This week I...
WEEK 3	Travel a mile or more Can you travel a mile or more using active travel this week? My challenge is:	This week I...
WEEK 4 Half term	Half term active fun! Take a walk, wheel, scoot or cycle with family or friends. My challenge is:	This week I...

Submit your completed activity card to: myjourney@wokingham.gov.uk

myjourneywokingham.com/walktober