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SCHOOLS MILES CHALLENGE

Each day fill in how many miles you have walked, run or cycled as a family, for example if a family of 4 did a 1 mile walk that would be 4 miles!



Challenge starts →

S	M	T	W	T	F	S
	JAN 18	19	20	21	22	23
24	25	26	27	28	29	30
31	FEB 01	02	03	04	05	06
07	08	09	10	Challenge completed		
				GRAND TOTAL		

@movemorecio

Well done!
Challenge completed!
Add up the miles you have completed and send to your school PE co-ordinator

Whilst you are out being active, please take in your surroundings and take photos of nature - this could be a landscape, an animal or a plant - we would love to see them!
Please tag us using our social media channels shown above



For more active ideas please visit www.move-more.org
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