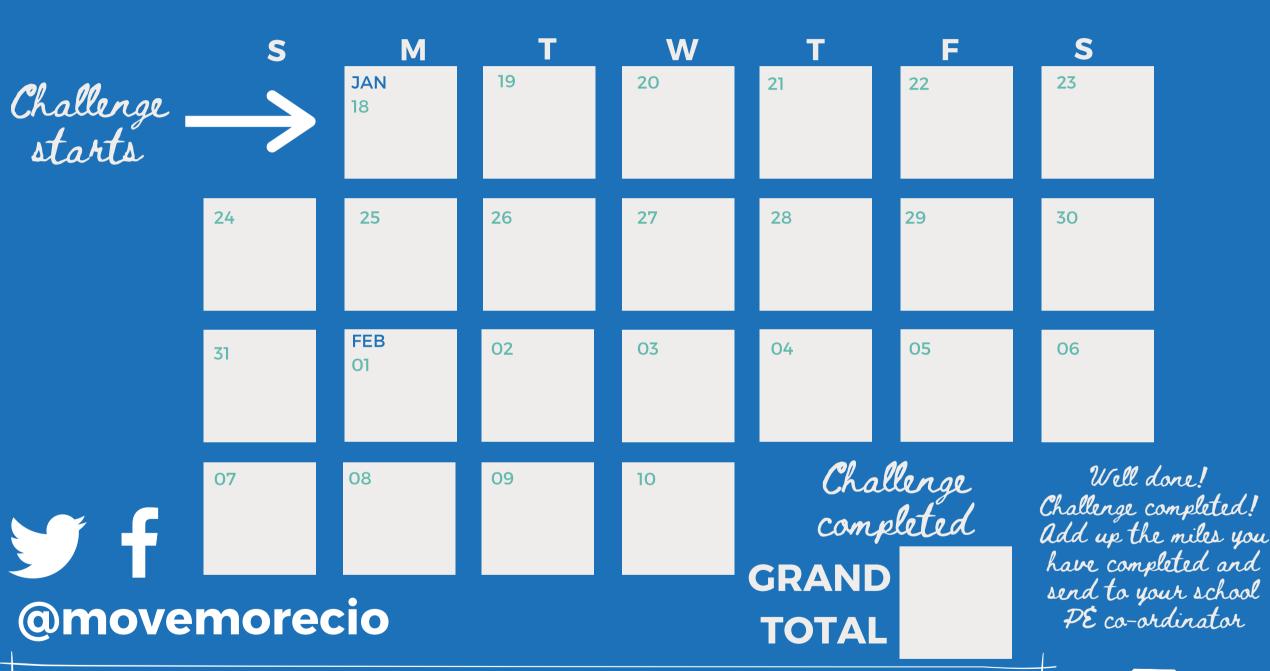
If you don't have a printer, you can make your own version of this page at home!



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!





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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