

MY WALK CHART



Walking helps you keep fit! How far do you walk during the week?

Day	Week 1		Week 2		Week 3		Week 4	
	To and from school	To and from other places	To and from school	To and from other places	To and from school	To and from other places	To and from school	To and from other places
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Total score each week								

Use this chart to write down how far you walk. Try doing this for a month. You might be surprised at what you find out! Use a wipeable marker on shiny copies of the walk chart. Visit www.bromleybiodiversity.co.uk for 'Walking with Beetles...to School!' activity ideas.

You can measure how far you walk by counting:

- * the number of streets you walk.
- * the number of minutes you walk
- * the distance you walk (an adult may be able to tell you)
- * the number of steps you walk (you can find this out by using a gadget called a pedometer).

To check how you're getting on it's important to use the same counting method each day. If you need to, ask an adult to help you fill in the chart and to add up the total score. For shiny copies, if you want to use the chart again, just wipe it clean.

