



2020 South Coast Neighbourhood House Challenge Log Sheet

Name: _____ Neighbourhood House: _____

Record your daily steps in the table below. **Return this sheet to your Neighbourhood House by Monday 9 November 2020.**

Monday 19 October	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30

Did you know?

- Regular, moderate activity, such as walking, improves health and fitness, regardless of age.
- Walking helps prevent and manage chronic disease such as stroke, diabetes and heart disease.
- Walking promotes improved mental well-being and opportunities for social interaction.

